



Wednesday, June 24th

Portland State Office Building (PSOB)
800 NE Oregon St | Room #1E

*Leaders in
public service
are encouraged
to attend.*

*Both events are
free and open to
everyone.*

*For questions,
contact:
[emily.a.york@
state.or.us](mailto:emily.a.york@state.or.us)*



Brown Bag Lecture | Noon-1pm

How do we build our capacity to cope and thrive in response to increasing change and adversity? Come learn how the Transformational Resilience Initiative is working to build 'Human Resilience Councils' across the nation to foster and support individual, organizational, and community resilience.

Skills Training Workshop | 2pm-4:30pm

This interactive workshop will teach evidence-based skills for enhancing your natural capacity to navigate uncertainty. The training will introduce simple skills for using stress as a catalyst for positive change. Increase your ability to approach challenging situations as opportunities to adapt. From this practice of transformational resilience, we can scale up to programmatic and organizational transformation that can ultimately build the resilience of the communities we serve.

FREE REGISTRATION— email: emily.a.york@state.or.us

Bob Doppelt | Director, The Resource Innovation Group

Bob is a counseling psychologist, environmental scientist, and long time Mindfulness-based Stress Reduction instructor. Bob is the author of Leading Change toward Sustainability and The Power of Sustainable Thinking, which focuses on methods for changing personal thinking and behavior to combat climate change.

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