

Building Resilience, Session 2 on Wednesday, June 3: “Resilience and Hope: Leaning into Uncertainty”

Wednesday, June 3, 2020 at 4:00 pm EDT

[Click here to register](#) for Session 2. Register no later than June 1.

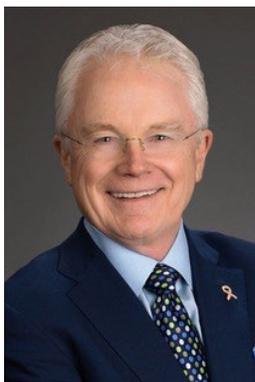
COVID-19 is an interconnecting, cascading tsunami of uprootedness, loss and change on many levels. The challenges we face are: How do we sustain our psychological, physical, social and economic capital and wellbeing in a time of great uncertainty? How do we adapt and create a new existence in an emergent and altered reality? How can we support others during others during this time?

Drawing from evidence-based models of positive psychology and appreciative inquiry this session will address perspectives and practices to strengthen our resilience and ability to thrive in a time of great transformation.



Presenter: Amy J. Armstrong

Amy J. Armstrong, PhD, is Associate Dean Faculty Development & Research and Department Chair of Rehabilitation Counseling at Virginia Commonwealth University. She has been involved in advocacy, education and employment issues related to individuals with disabilities for over 35 years. Amy has extensive experience providing national personnel training on a variety of topics. She has held community agency positions including both direct service and management at the local, regional and national levels. Her interests include the employment of individuals with significant disabilities, community re-integration, well-being, and positive psychology, as well as appreciative leadership. She received an M.A. in Rehabilitation Counseling from Michigan State University and a Ph.D. in Education from Virginia Commonwealth University. She also holds The Appreciative Inquiry Certificate of Positive Business and Societal Change from the Weatherhead School of Management at Case Western Reserve University.



Session Facilitator: Kevin O'Connor

Kevin E. O'Connor, CSP, is an author, executive coach, businessman, and Certified Speaking Professional (CSP). He also holds Masters Degrees in Education, Counseling Psychology, and Pastoral Studies. Kevin is a senior lecturer at Chicago's Loyola University and is faculty for Columbia College of Chicago. He teaches both graduate and undergraduate students. Kevin will focus his expertise and humor to provide insight on the challenges of leadership, professional relationships, and how to improve the effectiveness of teams working together.

Building Resilience, Session 3 on Wednesday, June 17: “Resilience: Using the Tools and Harnessing the Hope”

Wednesday, June 17, 2020 at 4:00 pm EDT

[Click here to register](#) for Session 3. Register no later than June 15.

Resilience requires courage. Courage is not so much being fearless or unafraid. Courage is about how we think and what we do when we are afraid or confronted with adversity. Courage is the fuel that empowers hope and makes resilience happen.

Courage is not so much something you are born with as it is something you cultivate. This presentation will look to how we can all cultivate the courage necessary for these times.



Presenter: Father James Warnke

Father James Warnke, LCSW, recently retired from his 36-year clinical psychotherapy practice, during which he was Clinical Consultant for the New Jersey Adjustment to Vision Loss Project from 1989 until its conclusion in 2010. He has also served as an Episcopal Priest of the Diocese of Newark NJ. He earned his undergraduate degree in history theology at Fordham College. Jim has an international reputation and has presented over two hundred workshops, lectures, and keynote addresses on issues of mental health and blindness and visual impairment.

Session Facilitator: Kevin O’Connor

Series Recording Coming Soon!

The full three-part series — “Building Resilience: Leading and Learning Our Way through 2020 and Beyond” — is being recorded and will soon be available on the [Penn-Del AER website](#).