

The Penn Resilience Program (PRP) is a six-session training that equips individuals with a set of empirically supported skills that can be applied to everyday life to strengthen the ability to navigate adversity and challenges, manage stress, and thrive in their personal and professional lives.

Training Dates

Tuesdays, Oct. 3 - Nov. 14, 5-6:30 p.m.

Wednesdays, Oct. 4 - Nov. 15, 1-2:30 p.m.

Thursdays, Oct. 5 - Nov. 16, 6-7:30 p.m.

Mondays, Oct. 2, 30, and Nov. 27, 2-5 p.m.

Weekend Session, Nov. 10, 11, and 12, Time TBD



resilience

/ruh-zil-yuns/ *noun*

an ability to recover from or adjust easily to adversity or change



**PEOPLE with
HOPE TO BRING**
A University of Notre Dame Initiative