



HSC WORKSHOP SERIES

A Program of the Human Services Coalition



NEW! BUILDING YOUR PERSONAL RESILIENCE

with Sue Mann

Monday, January 14, 2019

9:00 am – 12:00 pm

Fee \$70, includes light refreshments

[REGISTER ONLINE at www.hsctc.org/workshops](http://www.hsctc.org/workshops)

**Borg Warner Conference Room, Tompkins County Public Library,
E. Green St. at S. Cayuga St., Ithaca** ([driving and access directions below](#))

Presented by the Human Services Coalition

Co-sponsored by the Tompkins County Public Library

The relentless pressures of work, family, deadlines, bosses, and colleagues can make us feel defeated and demoralized. We seem to be running on empty most of the time –and we may even question our worth and our value as a result.

When we learn and apply the skills of resilience, we learn to rise. We become not just unshakably confident, but unstoppable - without expending any more energy or making our “to-do” lists even longer.

Resilience is 100% learnable. In this workshop, we’ll learn the four pillars of resilience, so that you can go from “I’m not enough” to “I’m doing just fine”. You’ll leave with a bounce in your step, a boost in your confidence, and real skills and tools you can put to work right away.

Attendees will:

- Understand why resilience is important
- Learn practical strategies to integrate into their daily lives to help them be more resilient and confident
- Create a “tailored to you” resilience toolkit reflecting the four pillars of resilience

About the Presenter

Sue Mann is a professional coach. She speaks powerfully and personally to the inter-related topics of confidence, self-esteem, empathy, shame, failure, criticism, boundaries, and leadership in the workplace. She provides real-life practical wisdom based on her 25 years of professional experience. Her mission is to equip people with the tools to deal with the difficult – and seldom talked about – parts of being a professional in today’s demanding workplace so that they can thrive, not just survive. Her 25-year career has spanned continents, roles and industries. Previously she has been a diplomat, consultant, project manager, banker, manufacturer, and entrepreneur. She has worked in government, finance, banking, real-estate, hospitality, energy efficiency, utilities and – incongruously – children’s footwear and apparel. Sue has an MBA from Cornell University.

Registration and Payment

Register online at www.hsctc.org/workshops. If you are unable to register and pay online please call 607-273-8686 or email registration@hsctc.org.

Cancellation Policy

All registration sales are final - we are unable to refund or transfer fees onto a different workshop for missed sessions. At times a workshop may be cancelled due to inclement weather or other issues. If this occurs, we will post the cancellation on our website: www.hsctc.org/workshops, email all registered participants, and refund any prepaid fees. If you plan to walk-in, please check our website for the most up-to-date information prior to attending.

Scholarships

Limited scholarships are available to agencies whose non-profit board and staff members cannot attend without one. To request a scholarship, email: registration@hsctc.org in advance of the workshop.

Snacks

Coffee, other drinks, and snacks are provided at all workshops; lunch is not provided. Attendees at sessions in the Borg Warner Room may leave and eat lunch on the beautiful Ithaca Commons.

Special Needs

Please notify us if you have any special needs; the Coalition wishes to make its workshops accessible to everyone.

For the comfort of everyone, HSC workshops are fragrance free. We appreciate your cooperation.

Driving and access

The Library is located in downtown Ithaca on the corner of East Green and South Cayuga Streets.

Directions for accessing the Library

The Library does not open its Main door until 9:30 am, so walk to the northeast corner of the building opposite the TCAT Green Street Station, turn right and enter at the door on the right under the green canopy. The Borg Warner room is immediately on your right.

Driving Directions

From North or South on Rt. 13 or 34: Proceed to Green Street in downtown Ithaca. Turn East (toward Cornell and downtown) on Green Street. Proceed approximately six blocks to Cayuga St, take a right turn and proceed as below.

From South on Rt. 96b: Proceed down hill on Aurora Street to East Clinton Street.

Turn left and proceed to Cayuga Street. Turn right on Cayuga Street and proceed as below.

From East on Rt. 79 or 366: Proceed to downtown on State St hill and veer right onto Seneca St at the bottom of the hill. Stay in the left lane of Seneca St until you come to Cayuga St. Turn left on Cayuga St and proceed as below.

From West on Rt. 79, 96 or 89: Proceed east to Fulton St. Turn right on Fulton St and stay in the left lane. Turn left on Green St and proceed about seven blocks to Cayuga Street. Turn right and proceed as below.

From all directions: Park in the Cayuga St. parking garage behind the Library and across from the Hotel Ithaca, or in the Green St. garage (entrance is past the "Pay and Display" and after the Cinemapolis sign on the left) diagonally across from the Library. Please note that "Pay and Display" parking is an option but the cost is twice that of the Green St. or Cayuga St. garages. The Library does not open the main door until 9:30 am, so go to the northeast corner of the Library building next to the TCAT Green Street Station, turn right and enter at the door on the right under the green canopy. The Borg Warner room is immediately on your right.

Accessible Parking

We recommend parking on the first floor (it's actually the second floor of the structure) of the Green Street parking garage near the lime green wall labeled "Green Street." There is an elevator that will take you down to the ground floor which outlets at the crosswalk on Green Street. Cross the street, turn right and it's a short distance to the northeast corner of the library, next TCAT's Green Street Station. Enter at the door under the green canopy. The Borg Warner room is immediately on your right. If the accessible parking spots are taken near the elevator you can also go one floor up and there are more spaces next to the elevator on the roof.

The Coalition is a United Way agency.