

SAN GABRIEL/POMONA REGIONAL CENTER

Invites you to a special inspirational session with practical strategies to help better manage stress and keep you at your best in the midst of a pandemic.

Being Resilient in a Pandemic

March 9, 2021 - 10 a.m. to noon
at the Weekly Community Meeting

Presented by:

Mr. Christopher (Chris) Littlefield

International Speaker specializing in Employee Appreciation, Recognition, and Workplace Culture, and the founder of Beyond Thank You.

Mr. Littlefield's clients include the United Nations, MetLife, U.S. Army, U.S. Airforce, L.L.Bean, Salesforce, Kraft foods, Fidelity Investments, Valley Mountain Regional Center and Westside Regional Center



Participants will learn...

- How a common everyday misconception in perception inadvertently drives us to burnout, and how to change that on the spot.
- Four proven strategies that trigger the parasympathetic nervous system into rest and recovery, helping to better take care of themselves and others.
- How to better understand their personal stress and recovery process in the pandemic and how to identify early warning signs and improve how they manage stress.

This meeting will be held via videoconference

Zoom Meeting Link

[https://us02web.zoom.us/j/941540067?
pwd=OUgxNXBaMjN3cDRsK3hqT2Y3SWs1Zz09](https://us02web.zoom.us/j/941540067?pwd=OUgxNXBaMjN3cDRsK3hqT2Y3SWs1Zz09)

Meeting ID: 941 540 067
Password: 123456



Christopher (Chris) Littlefield

Mr. Littlefield has trained thousands of leaders, across six continents, on how to understand what their people want and need to be at their best.

His work has been featured in New York, Mindful, and British Psychologies Magazines, and profiled in Harvard Business Review. Chris is a regular contributor to Forbes and Harvard Business Review and the author of the bestselling book, 75+ Team Building Activities for Remote Teams.