



The LA SBDC is proud to present: **Resiliency For Success** hosted by Deborah Deras.

Resiliency For Success

Webinars Monday's: Aug 29th - Sep 26th at 2:00 pm
Interactive Labs Friday's: Sep 2nd - Sep 30th at 10:00 am

In this interactive Webinar, we will learn:

DEFINE RESILIENCE

- Identify strategy for dealing with adversity in your day to day life
- Recognize skills to apply to deal with it
- Explore strategy to deal with the situation to develop more resilience
- Discover four post event resiliency principles using small business case studies

MIND/STRESS MANAGEMENT

As small business owners we are the brains of our operation and our vision and ability to make decisions during times of adversity like a pandemic or a geographical crisis or economic downturn is critical. We need to be able to manage our mind so we can lead our team to success.

ENERGY MANAGEMENT

As small business owners our biggest asset is our energy and when it is drained it is hard to be effective and make decisions to enable us to grow.

- How to deal with energy vampires

- How to shift energy after a negative event
- How to expand energy with these four principles

TIME MANAGEMENT

- How to expand time
- How to get out of the hamster reel rat race (stop exchanging time for money)

PEOPLE MANAGEMENT

- How to deal with difficult people
- The perception shift

Four Webinars, Monday's @2 pm

Module One: Mindset for Success Mon, August 29

OFF LABOR DAY WEEK

Module Two: Energy Efficiency for Success Mon, September 12

Module Three: Webinar Mon Sept 19

Module Four: Webinar Mon Sept 26

Four Labs, Friday's @10am

Module One Lab: Friday September 2nd

Module Two Lab: Friday September 16th

Module Three Lab: Friday September 23rd

Module Four Lab: Friday September 30th

[Register To Attend Virtual Series](#)



Instructor and business advisor, Deborah Deras, has a Bachelor's in Marketing and a Master's in Education, with over 16 years' experience as an entrepreneur. She works with clients to help them identify their target market and create a social media strategy, set up platforms, identify keywords using Google keyword planner.

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Funded in part through a cooperative agreement with the U.S. Small Business Administration, and through a grant with the Governor's Office of Business and Economic Development.

