



# Building a Resilient Workplace Together

Thursday, Aug 5, 2021  
12:00 - 3:00 PM (ET)

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## About the Event

How are you and your organization holding up through this pandemic? Do you and your colleagues have the resources and support needed to overcome today's challenges in providing mental health care?

Join us for this **3-hour interactive virtual workshop** focusing on how to build and maintain a resilient workplace that helps employees be at their best. Dr. Michelle Salyers and Dr. Angela Rollins will co-facilitate this event with a mix of didactic material, reflection, and small group discussion.

Participants will identify factors that can help support resilience at work as well as identify specific steps to take to feel empowered and enhance one's wellbeing in the workplace. Review of our [BREATHE 3-module series](#) is recommended but not required.

## About the Presenters



**Michelle P. Salyers, Ph.D.**, is a Professor of Psychology at Indiana University Purdue University Indianapolis (IUPUI) and Director of the ACT Center of Indiana. The overarching goal of her work is to help adults with severe mental illness live meaningful lives in the community. Her research addresses both consumers of mental health services and the providers of those services.



**Angela Rollins, Ph.D.**, is a Research Scientist at Regenstrief Institute and Associate Research Professor of Psychology at Indiana University Purdue University Indianapolis (IUPUI). Her research interests are primarily in studying methods for improving implementation of evidence-based mental health practices for people with severe mental illness. Recent topics include the measurement of program fidelity, improving clinical knowledge and skills, and reducing staff burnout.

