



## Resilience Revolution - Thriving through Life's Challenges

**Mike Henke**

**2<sup>nd</sup> Street Station**

October 8th, 2024

11:30- Lunch

12 p.m. to 1-Presentation

How do you avoid stress and burnout and help your employees do the same? There is a big difference between Resiliency and Coping, and details are shared to avoid the victim mentality and be the glass half full! Many of our obstacles at work are repeaters, so strategies to overcome them are detailed and how to focus on gratitude and being kind!

Mike Henke is a national speaker whose passion for building strong teams led to the creation of Mike Henke Inc, and he works with organizations throughout the country in the areas of Leadership Training, Recruiting & Retention, and Positive Workplace Environment. Mike has created over 50 training programs, is a former SHRM Chapter President, and has been selected to present at 10 SHRM State Conferences, 8 Disrupt HR events, and for 40 SHRM chapters!



**November 19th**

**Workplace  
Investigations—Be  
Prepared with Best  
Practices**

**Julia Tate**

**December TBD**

**Holiday Social**



RSVP ON THE CHAPTER  
WEBSITE:

<http://nesd.shrm.org>  
(under the “Events &  
Education” Tab)

**By Friday, 10/03/2024**

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*\$10 FOR NESD SHRM MEMBERS*

*\$20 FOR NON-MEMBERS*