

WHEN IT HITS THE FAN: NAVIGATING MISTAKES & HIGH STRESS MOMENTS

Training Description

Mistakes. Failure. Health problems. Divorce. Break ups. Bankruptcy. Foreclosure. Eviction. Recovery. Accidents.

Sometimes our life and work just hits the fan. How we navigate mistakes and stressful moments determines our mental health and well-being professionally, personally and for loved ones around us.

In this free training sponsored by Kanabec County Community Health through the Mental Health Innovations Grant you will learn:

- Effective strategies for handling the harder times of life.
- How to make good decisions when stuck between two unpleasant options.
- How to identify why mistakes happened so that we can learn and grow from them.
- How to manage stress and develop a healing and recovery plan.

Get ready to turn past mistakes into current strengths in this presentation that will help you prepare for, heal and cultivate good mental health during difficult experiences!

Register here: <https://kanabec.paperform.co>



Josh Dye, MPNA

President & Founder
Convene Training +
Resilience Community

About the Presenter

Josh Dye is the President & Founder of the Convene Training + Resilience Community.

Professional and personal leadership takes courage. This is where thought-provoking presentations by Josh Dye make the difference. Since 2010, attendees in over 500 of his presentations have learned how to harness the courage to lead, create, have tough conversations, maximize precious time, and leverage moments of failure for meaningful growth.

What separates Josh apart is how he combines practical, actionable tips with inspiration and motivation. He doesn't just tell you what to do, he charts the course for how to do it.

Josh speaks authentically from his own experiences, benefitting audiences with lessons from both his successes and gut-wrenching failures.

Josh earned a master's degree in Public & Nonprofit Administration from Metropolitan State University in 2010.

August 14, 2019

10:15 am - Noon

**Location: Training Room -
Kanabec County Jail (100
S Vine St, Mora, MN)**



Public Health
Prevent. Promote. Protect.

convene 
where gathering inspires growth

Convene Training + Resilience Community
ConveneLLC.org
Josh@ConveneLLC.org
612-481-8059