

SEPTEMBER BLUE PRINT

In This Issue:

- Online Courses Coming Soon! 02
- What's New at Blue Collar 03
- Dog of the Month Spotlight 04
- Featured Article: Resilience at Work 05

**BLUE
COLLAR
CONSULTING**



Online Courses - **Coming Soon!**

Blue Dog Academy: eLearning on Teachable

- **Resiliency 101: The 6 Domains of Resilience (Avail Dec 2023)**

Avail
Oct!

This course focuses on enhancing resilience and self-assurance. Based on neuroscience, the 6 key areas of resilience will be outlined. Through 7 sessions, participants will gain valuable insights and practical tools to develop resilience in different aspects of their lives. Learn effective strategies to overcome obstacles and thrive in both of your personal and professional life.

- **The Unbreakable: Mastering Resilience for Life (Jan 2024)**

This advanced program is 7 sessions and builds upon the Resiliency 101 course. Participants will engage in a comprehensive resilience program, which includes pre and post assessments, advanced training, and access to 1-year of the Resiliency App. Upon completion of this course, use of the App can enhance your resiliency skills through targeted activities in just 5 minutes per day with the assistance of AI-powered chat, and micro assessments that track your progress over time.

- **The Mindfulness Roadmap: Bringing Mindfulness into Your Everyday Life (Avail by Request)** This is a Science-Based Mindfulness Training Program that changes lives in just 8 weeks! This course is instructional with opportunities to practice mindfulness activities. Designed to walk you through everything you need to fully understand mindfulness and experience the profound effects it can have on your life.

Our online courses are priced individually and allow you to learn at your own pace. If you have a group interested in taking our courses, please contact us for special discounted rates.



Wear Blue Collar

<https://wearbluecollar.myshopify.com>

Welcome everyone, welcome to Wear Blue Collar, a clothing company dedicated to spreading kindness and positivity! Here are a few examples of what you can find for sale on our website!

"No, Really... How are you?" Long-sleeved Tee



Check out the new Wear Blue Collar designs!!



Howl You Doing?

Dog of the Month Spotlight

Welcome Smalls!

Hello All! Meet the newest addition to the Price and Blue Collar Family – Smalls, the yellow lab! Smalls has just turned 7 months and is all puppy. He is full of energy, love and licks. He enjoys finding socks, shoes, slippers, flip flops, hats, towels and TV remotes (for some reason he loves TV remotes, LOL) and loves the game of us all chasing after him



to get those things back – ha! We will no doubt have a lot of fun and adventures with our new guy Smalls, for now...it's kind of like having a baby in the house again. We have had to remember to puppy-proof....EVERYTHING! If you are familiar with the movie 'The Sandlot', then you'll recognize that his name comes from one of the characters in this great movie about kids and baseball. One of the famous lines in the movie is "You're killin' me Smalls!", which I can guarantee gets said at least 20x a day now in the Price Household! 😊

~ Welcome Smalls!



Featured Article

Building Personal Resilience in the Workplace

by Brooke Sena

In the fast-paced and ever-changing world of work, building personal resilience has become an essential skill. The ability to adapt to challenges, recover from setbacks, and maintain overall well-being is crucial to succeed and thrive in the workplace. Here are some strategies that can help individuals build personal resilience in the workplace:

1. **Develop a positive mindset:** One of the key components of personal resilience is having a positive outlook. It involves reframing negative situations, focusing on solutions rather than problems, and embracing a growth mindset.

Cultivating a positive mindset not only helps individuals navigate difficult situations but also enables them to bounce back from setbacks more effectively.

2. **Practice self-care:** Resilience begins with taking care of oneself. This involves prioritizing physical health by



getting enough sleep, eating well-balanced meals, and engaging in regular exercise. Additionally, it is important to prioritize mental well-being by practicing mindfulness, engaging in hobbies, and setting aside time for relaxation and self-reflection.

3. **Build a strong support network:** Having a support network is crucial for building resilience. Cultivating strong relationships with colleagues, mentors, and friends can provide emotional support, encouragement, and different perspectives during challenging times. Building connections within the workplace can also foster a positive and supportive work environment.

4. **Embrace change and adaptability:** In today's dynamic work environment, change is inevitable. Resilient individuals are open to embracing

change, seeing it as an opportunity for growth and development rather than a threat. Developing adaptability skills such as flexibility, problem-solving, and willingness to learn new things can help individuals navigate uncertainties and thrive in changing circumstances.

5. Practice effective stress management: Stress can significantly impact personal resilience. Developing effective stress management techniques, such as deep breathing exercises, meditation, or time management strategies, can help individuals better handle and cope with stressful situations. Additionally, proactively seeking work-life balance and setting clear boundaries between work and personal life is crucial for maintaining overall well-being.

6. Seek opportunities for personal growth and development: Continuously seeking opportunities for personal growth and professional development is essential for building resilience. Taking on new challenges, acquiring new skills, and seeking feedback and constructive criticism can contribute to personal and professional growth. By embracing

continuous learning, individuals can enhance their abilities to overcome obstacles and setbacks!

7. Set realistic goals and celebrate achievements: Setting realistic goals and regularly reminding oneself of past achievements can boost resilience. Breaking larger goals into smaller, achievable tasks can help individuals stay focused and motivated. Celebrating milestones and acknowledging accomplishments along the way can provide a sense of accomplishment and reinforce personal resilience.

Building personal resilience in the workplace is an ongoing process. It requires self-reflection, commitment, and the willingness to adapt. By implementing these strategies, individuals can cultivate their resilience, enhance their overall well-being, and excel in the face of challenges.

Be well,

Brooke