

CSEAP is now offering the **Flourish Resiliency Program**



COLORADO
**State Employee Assistance
Program**
CSEAP

Developed by Abbie Beacham, PhD and Jenny Reese, MD, the Flourish Resiliency curriculum seeks to help participants understand and apply the PERMAH Model of Wellbeing. Employees will develop understanding of general wellbeing, learn strategies for cultivating positive emotion, and discuss practical application of mindfulness. This program is not a support group but does include interactive discussion intended to help participants develop awareness and understanding of their wellbeing.

Upcoming Resiliency Cohorts are open to all employees on a first come, first serve basis. **Additional sessions included below due to popular demand.** Employees can register by clicking on the Google Form link following the detailed information for each cohort.

In order to benefit from this resiliency program, employees should be **committed to and schedule themselves to attend each session listed for the cohort chosen as listed below.** Groups will be open to all interested employees and are not exclusive to specific agencies. If you are interested in offering this program specifically to a team within your agency, please contact ashley.babjack@state.co.us. Flourish Resiliency registration is always limited to a **maximum of 16 participants.**

Late October Cohort - Tuesdays, 11:15am to 12:35pm - 3 x 80 minute sessions (plan to attend all sessions)

Facilitator: Jeff Evans

October 19th, 2021 - 11:15am - 12:35pm

October 26th, 2021 - 11:15am - 12:35pm

November 2nd, 2021 - 11:15am - 12:35pm

To register for this cohort, complete the following Google Form - <https://forms.gle/6Fie3qohrfKf3LiV8>

Late October Cohort - Thursdays, 2:30pm to 4:30pm - 2 x 2 hour sessions (plan to attend all sessions)

Facilitator: Ashley Babjack

October 28th, 2021 2:30pm - 4:30pm

November 4th, 2021 2:30pm - 4:30pm

To register for this cohort, complete the following Google Form - <https://forms.gle/rKCbuMBpEkoSvoWu7>