



Jan Miller & Associates

How Resilient Are You?

(Keeping yourself
healthy and safe
involves a variety
of skills)



u People who are faced with the need to change in order to deal with life stressors often focus on the outside. Changing diets, exercise, wardrobe, jobs, houses, and relationships, often aren't the solution. The solution lies in your ability to bounce back from those everyday tribulations of money, relationship, health and general uncertainties of life.

Do you find you are

- Overwhelmed by everyday life?
- Feeling negative about the people around you?
- Discouraged with how things are going for you?
- Wonder how you can ever bounce back from some of your experiences
- Frustrated with work, relationships or family?



This seminar is for you!

Participants will learn to

- Identify their own resilience
- Shift negatives to possibilities
- Interpret events to their advantage instead of disasters
- Learn to identify which problem solving solution best fit their situation
- Learn to identify the real 'problem' vs. the obvious one
- Build relationships that are supportive
- Identify the systems that already exist that would be useful for them

What participants are saying about this program?



“Your work with our company was focused and targeted directly for our staffs’ specific needs. Many of the attendees have been able to improve their working relationships with co-workers, suppliers and customers. Some were able to find ways to deal with particularly difficult situations and to reduce their stress levels. At least one working relationship that had seemed completely hopeless has been brought around to a level where effective information sharing can happen and the resulting efficiency saves the company and our customers time and money.

*Senior Vice President
Eastern Canada
Private Corporation*

“Jan has a comfort and mastery with the intent of her workshops which allows her to pay careful, ongoing attention to the participants. She adjusts the tone of her presentation and the sequencing of material according to the response of her participants again and again. She is funny, engaging and knowledgeable. I can see the depth of her respect for each individual and her resiliency in her work.”

Ministry Staff Personnel



Jan Miller is a Trainer and Master Practitioner of Neuro-Linguistic Programming (NLP). She has extensive experience as a Sign Language Interpreter. Jan, is the owner and director of Jan Miller & Associates. Her company has been offering custom–designed trainings to corporations, school boards, hydro plants, public health units, professional associations and ministry departments since 1995.

In 2000 she started offering training sessions for individuals and groups designed to assist people with disabilities in the soft skills necessary to attain and maintain employment. Jan helps people get the results they want

Since 2006, Jan has been providing training to teachers, health care staff and providers in Nunavut.

Jan’s seminars, workshops, and talks are designed to meet the needs of groups or individuals facing challenges of change. Her purpose is to challenge the limits and restrictions we place on our relationships, our careers, and ourselves.



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Total Hours 7
Investment fee \$200.00 per person
5–15 participants

To Register or ask for more information:

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