

United Way of Broward County
presents

The Prevention Series

From Surviving to Thriving: The Power of Resilience

Presented by: Misty Eyez

In this highly engaging and interactive session, Misty Eyez will guide you through practical strategies for building resilience. Learn how to shift your perspective, viewing obstacles as opportunities for personal and professional growth. Gain invaluable tools to identify and manage stress, develop coping mechanisms, and cultivate a robust support network to navigate tough times.

Misty Eyez will share her own inspiring journey of resilience, leaving you empowered and motivated to overcome any hurdle that comes your way. Don't miss this exclusive opportunity to learn from a true thought leader and expert in the field of resilience-building!

Join us and walk away equipped with practical skills, a clear roadmap for personal development, and the unwavering confidence to face future challenges with grace and strength. Register now for this transformational workshop and unlock your boundless potential!

TUESDAY, MARCH 19, 2024 | 12PM – 2PM

Learn More!

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For questions or more information, please contact
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