

# Building Resiliency Surviving and Thriving During Adversity

"Living life to its full capacity and satisfaction means tapping every resource."



September 23, 2010 • 7:00 p.m.  
at Lakeland Community College



Susan appears monthly on Cleveland's Good Company with host Andrea Vecchio.



Susan is a guest host on Cleveland's Q104 morning show.

When tough times hit, how do you respond? Resiliency is the ability to bounce back from adversity. Resilient people do more than rely on positive thinking and luck. They experience just as many challenges as everyone else, sometimes more. Yet, they have developed effective coping skills that allow them to survive and thrive during adversity. Learn how to develop this skill set for yourself and encourage it in others by challenging inflexible thinking, asking solution-oriented questions, and responding proactively.

Susan Fee is a professional clinical counselor based in Seven Hills. She speaks nationally on resiliency, assertiveness, conflict resolution, and mental health. Ms. Fee is the author of several books, e-seminars, and booklets including "Building Resiliency: 68 Coping Strategies for Surviving & Thriving During Adversity." She developed Circle of F.R.I.E.N.D.S., a program for girls ages 8-14 to help them develop positive social skills. Visit [www.lakelandcc.edu/comed/women](http://www.lakelandcc.edu/comed/women) to learn more about this event.

**Guest Speaker:** Susan Fee

**Fee:** \$10.00 for non-members

Free for Friends of the Women's Center

**To register:** Call 440-525-7322 or e-mail  
[WomensCenter@lakelandcc.edu](mailto:WomensCenter@lakelandcc.edu)

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"Are you living  
your life by design,  
or by default?"



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