



# ONLINE TEA & TALK

## What is Emotional Resilience?



Join Iris Dearne, your host for the talk and Ksenija Kadic, Deputy Manager/ Senior Tutor on Zoom to look at ‘what does emotional resilience mean to you and how to build it?’ with a nice, relaxing cuppa.

## 3-4pm, Thursday 26 November 2020

Emotional Resilience is the ability to adapt to stressful situations, and cope with life’s ups and downs.

### What is Tea and Talk?

Tea and Talk is a new series of co-produced talks about mental wellbeing with the C&I Recovery College. We hope the talks will promote openness around mental health in our local communities and for people to address their own needs better.

Please register and post questions beforehand via email ....., so we can talk about what is of main interest to the audience.

You are also going to have the opportunity to enquire, comment and query at the end when Q&As happen to perhaps reclarify.

Deadline is Thursday 19 Nov 2020 at 3pm.

Together we can **CONNECT**, **LEARN** and **INTERACT**