



BROADCAST

***DEVELOPING PERSONAL
RESILIENCE***

***BY
DR. GLENN "BUZZ" RICHARDSON***

Thursday, March 8, 2007

9:30 – 10:30 AM CT / 10:30 – 11:30 AM ET

8:30 – 9:30 AM MT



CTN Satellite Broadcast

THURSDAY, MARCH 8, 2007
9:30 – 10:30 AM CT

PROFESSIONAL TRACK

THIS IS THE 1ST PROFESSIONAL SERIES PROGRAM

Developing Personal Resilience



Featuring:
Dr. Glenn "Buzz" Richardson
Co-Founder, Q-Nexus LLC
www.Q-Nexus.com

Target Audience: Employees at all levels

Program Overview:

In the wake of 9/11, terrorism alerts, technological advances, and continual changes in the workplace, many are struggling to survive much less to be productive and engaged at work. After laying down the foundational concepts of resilience, Dr. Richardson will lead you through the resiliency process of increasing individual capacities to deal with life's challenges.

Topics to be discussed include:

- How do you get resilience?
- What are Q's?
- What do employees really want?
- What will heal the workplace?
- What is the essence of resilience?
- Childlike, Noble, Character, & Universal resilience
- The nature of Q's – Theoretical physics and how it can apply to the workplace.

For more information, contact:
Nadine Fred, 972-620-4015 or nfred@ctn-energy.org

BIOGRAPHY

March 8, 2007

Dr. Glenn “Buzz” Richardson

Dr. Richardson is a full professor and Director of Graduate Studies in the Department of Health Promotion and Education at the University of Utah. He is the co-founder of Q-Nexus, an organization whose mission is to facilitate the process of discovering creative, productive, and happy people. He spearheaded the second wave of resiliency inquiry with his landmark article entitled the Resiliency Model in 1990. After a decade of research he launched the 3rd wave of resilience inquiry with his article “The Metatheory of Resilience and Resiliency” published in 2002 in the *Journal of Clinical Psychology*. Subsequently, he developed 3rd wave resilience interventions for schools and worksites. The powerful impact of the training has been reported in the Journal of Allied Health. Dr. Richardson authored Resiliency Training and Student manuals for elementary, middle, and high schools. He also wrote five manuals for corporate personal resiliency and resilient relationships. The next generation integrates the best of positive psychology, resilience training, complementary medicine, and theoretical physics, into what is now available in the new Q-Nexus Training. He has presented, trained, and consulted to over 300 local, national, and international audiences. He is the author of 6 books and over 50 national professional journal articles.

SIGN – IN
DEVELOPING PERSONAL RESILIENCE
March 8, 2007

Site Coordinator _____

Company / City _____

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Please return this evaluation form to your site coordinator ASAP.
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This form is provided for your convenience as a record of satisfactory completion of Continuing Professional Education through SGA.

Name of Participant:

Name of Course: ***DEVELOPING PERSONAL RESILIENCE***

Field of Study: **All Professionals**

Date Attended: ***March 8, 2007***

**Sponsor and
Authorizing Agent:** **CTN/Southern Gas Association
3030 LBJ Freeway, Ste 1300
Dallas, TX 75234**

State of Texas #001245

Total CEU Credits: **1 Recommended Credit**

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EVALUATION
DEVELOPING PERSONAL RESILIENCE
March 8, 2007

We would appreciate your comments and recommendations concerning the value of the information presented:

1. How will this broadcast help you perform your job duties?

2. In your opinion, what were the strengths of this program?

3. In your opinion, what were the weaknesses of this program?

4. Your observations of the instructor's effectiveness (such as organization, presentation skills, pace).

5. General comments or recommendations on how to improve this program?

Please rate the next four questions from a high of "5" to a low of "1"

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| 6. | My overall satisfaction with the program was | 5 | 4 | 3 | 2 | 1 |
| 7. | As far as my job is concerned, the program content was | 5 | 4 | 3 | 2 | 1 |
| 8. | The extent to which my interest level was maintained was | 5 | 4 | 3 | 2 | 1 |
| 9. | The extent to which my positive expectations were met was | 5 | 4 | 3 | 2 | 1 |
| 10. | If you would like a follow-up Conference on this subject, please check | | | | | <input type="checkbox"/> |

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For more information, contact:
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