



# AJEC invites you to Zoom

## Strengthening Your Resilience During Uncertain Times: Build Your Toolkit for Greater Well-being.

All of us are impacted by the global pandemic and the uncertainties we're facing each day. How can we renew and strengthen our resilience skills as we prepare for the High Holidays? Combining understandings from positive psychology with practical strategies for everyday life, learn strategies to cultivate greater strength, balance, and positivity as you navigate life's joys and challenges.

featuring

### Dr. Ilene Berns-Zare

**Ilene Berns-Zare, PsyD, PCC, CMC** is a Certified Professional Coach, Educator, and Keynote Speaker. She helps people tap into their personal and professional best by bringing mind, body, and spirit into flow with strengths, purpose, and possibilities.

**Wednesday, September 9, 2020**

**1-2 PM**

R.S.V.P. to: [ajec.program@gmail.com](mailto:ajec.program@gmail.com)  
required to get Zoom information and Zoom link

Questions: contact AJEC at 847-363-0000

AJEC (Adult Jewish Education Co-op) is committed to providing relevant programs of vital interest to all. Programs will generate open and honest discussion, as well as focus on personal connections to the topics.

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**There is no charge for this program. Donations are welcome.**

MAIL TO:

AJEC 840 Weidner Rd., Unit 301, Buffalo Grove, IL 60089

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_