



Sgt. Ken Weichert Program

The Road to Resilience: Turn Stress Into Strength and Obstacles Into Opportunities™

There are two things that can happen to you when faced with an obstacle of any kind: fall apart or bounce back. Resilience, often referred to as emotional fitness or mental toughness, is when you face adversity head-on and grow from your experience. SGT Ken® has over 300 hours providing resilience training to military and non-military audiences. This module will provide you with exceptional resilience training and life coaching strategies to turn stress into strength and obstacles into opportunities! Find success on the Road to Resilience!

TRT: 90 minutes