

COVID-19 Final Report for BendNEXT (Non-RHIP)
“Resilience, Self-Care and Stress Recovery During a Pandemic”

Summary of Results:

- We partnered with Moe Carrick to create two live webinars for two different audiences about managing the stressful impacts of the pandemic, the isolation and the fear of health impacts.
- One was geared toward employers/team managers, and the other geared toward team members.
- These webinars were marketed toward the general public, businesses of all sizes and social service agencies.
- A total of 125 people attended the interactive and action focused webinars.
- Additionally, we are planning to release a 30 minute version that captures all the key learnings, minus the interactive portions, for distribution across the community at no charge.

Quote:

“I enjoyed the content very much and felt Moe was very compassionate and empathetic in her ability to see and hear others. And I appreciate her willingness to be vulnerable with a group of strangers (that she can't even see!). Building Resilience left me energized and on a quest for more knowledge. Moe, Thank you for your clarity, ease, and kind presentation style.”