

Build Resilience Seminars

Practical skills to bounce back stronger



Welcome to the SILA Skills Build Resilience Seminar Catalogue. We offer practical, impactful, Dialectical Behavior Therapy (DBT)-informed training that helps people develop life-changing skills for a kinder, gentler world, one interaction at a time.

Our workshops and seminars are designed to develop lasting, transformative skills.

For training inquiries, customized pricing, or organization-specific requirements, please email info@SILAskills.org. We're happy to assist.

Skills in Life for All!



Burnout - It's Real and Learning Skills Helps

In this brief, impactful session, we will focus on the practical and effective use of DBT-informed skills to support individuals experiencing work-related burnout. These skills are valuable and can be immediately applied to help manage stress and improve well-being. This session will provide practical strategies that can make a real difference in coping with workplace demands and preventing burnout. Come for yourself or to support someone you know.



From Work to Home and Beyond: Empowering Mental Health Resilience with Transferable Skills

Enhance your well-being and discover the incredible potential of transferable skills in this transformative session. Discover strategies to cultivate mental health resilience that seamlessly transition between work and home environments. Empower yourself with practical tools to nurture balance, manage stress, and thrive personally and professionally.

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Handling Judgement with Skill: Stay Calm, Clear, and Connected

People are opinionated—and conversations can feel exhausting when you worry about being judged or misunderstood. This seminar is designed for anyone who finds everyday discussions challenging and wants practical tools to feel more grounded, confident, and effective. Together, we'll examine common communication pitfalls from both sides and practice skills that make difficult interactions easier to navigate. You'll leave with a clearer perspective, stronger communication tools, and greater confidence in managing high-emotion or high-opinion situations.



Love the Season. Dread the Stress.

Learn a few practical, evidence-informed skills you can use in the moment to enjoy the holidays and stay true to yourself, with skills for staying connected with others, navigating family dynamics, and maintaining self-care during this busy time.



The Four Seasons of Wellness

With spring upon us, it is a good time to reflect on our mental health and that of our loved ones. Some of us are like spring. It is a time of growth and excitement. We are eager to learn and develop new skills. Sometimes, it's like summer - a time of abundance and beauty. We feel like we are on top of the world, and we feel whole. Fall or autumn can feel like our emotions are short and challenging. We struggle with interacting with ourselves and everyone around us. Winter is a dark time of stillness, almost emptiness. How can we learn to appreciate the season that we are in or the season that our loved one is in? With skills, it is much easier and more effective.

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Think Kind, Be Kind: Shifting Your Inner Narrative

Do you struggle with negative thought patterns and feelings of inadequacy? In this session, we'll explore the power of self-compassion and learn practical techniques to shift your inner narrative. Learn how to recognize and interrupt unhelpful thought patterns, nurture a kinder relationship with yourself, and build resilience that supports both personal growth and your ability to connect with others. Walk away feeling more confident, grounded, and empowered in your daily interactions.



Thriving Through Change: How to Nurture a Positive Mindset

Change is an inevitable aspect of life that touches us all from every direction. While it can be daunting, overwhelming, and sometimes unpredictable, it also opens the door to growth, new opportunities, and transformation. This session introduces participants to practical and effective skills that help them approach change with a more willing mindset, reducing stress and building resilience.



Wellness - When a Bubble Bath Just Isn't Enough

When our capacity for stress is limited, we need practical strategies that work. Upon completion, participants will leave with several helpful tools to add to their existing resources, which will build their personal wellness resilience. Based on DBT, these skills are not just temporary fixes but long-term strategies that can be utilized in various aspects of daily life, making them an invaluable asset for personal wellness resilience.

"The knowledge I have gained around validation and empathy are invaluable! I have a heart filled with gratitude for our facilitator and our group!!"

We add new seminars and workshops throughout the year! To ensure you don't miss out, check back often and [subscribe to our newsletter](#) for the latest updates.

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For any training requests, inquiries about our contract pricing, or to discuss a specific requirement tailored to your organization, please email us at info@SILAskills.org. We'd be happy to assist you!