

Thriving in Action Virtual Training Institute

May 3rd-7th, 2021, 1-4pm (EDT)

Wondering how to reach languishing students? Curious to learn innovative, skill-focused, research-based interventions to support students who identify as marginalized, First Gen, mature, living with disabilities, seeking counselling services and/or on academic probation? Want to help students move from surviving to thriving in this particularly challenging COVID context?

Thriving in Action (TiA) offers an equity-guided, scalable, flexible, recreatable, and group-based model to reach struggling students, prevent distress, bolster self-efficacy, and support persistence. The TiA curriculum blends together thriving and learning skills, including mindfulness and time management, gratitude and group work, self-compassion and studying. TiA aims to deepen belongingness, empower agency, restore focus, and foster confidence. TiA students are taught tools to flourish, academically and personally.

Join us May 3rd-7th, daily from 1-4pm (EDT), for a buoyant, experiential virtual training institute. You will walk away with the full curriculum, rich resources, tips for implementation, and a rekindled connection to your own resilience.

Cost: \$250.00/week or \$75.00/day (plus HST)

Registration: [CLICK HERE](#)



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