



## WEBINAR

### Developing Individual and Community Resiliency

- a. **Date:** Wednesday, November 16, 2022 at 2:00-3:30 pm EST.
- b. **Duration:** 90 minutes
- c. **CLE:** 90 minutes general or substance abuse or professionalism credit
- d. **Title:** Developing Individual and Community Resiliency

e. **Description:**

Working with clients, colleagues, and others in public defense can be personally and professionally challenging. During difficult and distressing times, it is important to have a well of inner strength to draw from and the ability to overcome or effectively cope with situations. People who lack resilience are more likely to become overwhelmed, experience vicarious trauma and burnout and develop unhealthy coping mechanisms. During this interactive 1.5-hour webinar, participants will learn about some of the key areas of resilience and how developing resilience can minimize stress and reduce mental and physical health challenges. You will also learn strategies for building individual and community resilience as a practice toward sustainability.

- f. **Materials:** Written handout materials will be provided to participants.
- g. **Presenter:**



**Dr. Pam Love Manning** is a training and leadership consultant and coach with more than 25 year of experience training, teaching and coaching human service professionals and leaders who serve vulnerable populations. Pam has taught undergraduate and graduate courses for universities in Maryland and in the virtual MSW program at the University of Southern California.

For 7 years, Pam implemented a curriculum developed by the National Institutes for Corrections with hundreds of people who were justice involved and reentering society.

She also used this curriculum with supervisors and employees working as case managers and violence interrupters. For the past few years, Pam has facilitated training for the National Association for Public Defense. She has also coached public defenders, senior leaders and other employees working in public defense. Pam has a Bachelor's in Psychology, a master's and PhD in Social Work and an MBA.

