



Lifelong Learning Institute

SPRING 2025 WORKSHOPS

Building Resilience – One Thought at a Time

With Dr. Terry Eckmann

Thursday, March 27
9 – 10 A.M.

Explore the physiology and power of thoughts—negative and positive. Understand common characteristics of a resilient person and identify strategies to develop and strengthen neuropathways of resilience. Put these muscles to work one thought at a time to overcome challenges, face change, and live life to the fullest.

- › Explore the physiology of thoughts.
- › Understand and identify characteristics of resilience.
- › Take home strategies to build resilience.
- › Explore key thoughts to live with grit and grace.



Location: Swain Hall 112

Cost: \$20 per person

Capacity: 40



Learn more and register by scanning the QR code or head to AskMSU.com/lifelong.

