

**February  
2025**

**MLE Live Monthly Webinar Series**



## **Increasing Mental Toughness**

**Date:** 2/12/2025

**Time:** 11:30PM to 12:30PM MST

In this seminar, participants will be provided the opportunity to reflect on the challenges of the past few years, and to self-reflect on the opportunities for growth in the face of adversity. Together, we will discuss what it means to be mentally tough, how to find the positive in negative circumstances, manage ambiguity, and react with agility to change. Finally, we will dive into the importance of 'grit', which is a much-needed skill for both personal and professional growth in today's world.

Register for this event at:

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