

# Resiliency and Change: Navigating Transformative Challenges

## PROFESSIONAL LEARNING COMMUNITY

Fall 2023

**PURPOSE:** This PLC will equip Midland College employees with essential skills and strategies to adapt, embrace change, overcome obstacles, and foster adaptability.

### PLC PARTICIPANT OUTCOMES

- Develop resilience, **adapt to change**, and navigate challenges with a positive mindset.
- Learn self-care strategies to prioritize physical, emotional, and mental well-being, **fostering resilience and overall health**.
- Cultivate a **growth mindset**, embracing learning opportunities and viewing setbacks as opportunities for growth and development.

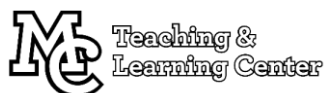
### PLC STRUCTURE, FORMAT, & EXPECTATIONS

- Participation in this PLC counts for up to **8 hours** of professional development.
- This PLC will include **four (4) in-person meetings**. The schedule is below.
- Participants are expected to **complete the resiliency quiz**, review the results with an open mind, and seek opportunities to implement resilience-building strategies and approaches in various aspects of their personal and professional experiences.
- Participants are expected to complete an **Individual Resiliency Plan** that relates to the content discussed in the PLC and share with the rest of the cohort.
- Participants should **attend and fully engage** in all PLC sessions and content.
- Participants should **strive to cultivate and strengthen their own resilience**, offer relevant insight when needed, and ask questions when they need clarification.

### PROFESSIONAL LEARNING COMMUNITY SCHEDULE

PLC sessions will take place in-person on the main campus. Location will be sent to registered participants.

SESSION DATE	TIME	SESSION TOPICS
Session 1 – October 19	2:00 p.m. – 3:00 p.m.	Understanding Resilience and completing a Resiliency Quiz.
Session 2 – October 26	2:00 p.m. – 4:00 p.m.	Review of Quiz results, Stress Management and Self-Care.
Session 3 – November 2	2:00 p.m. – 4:00 p.m.	Building a Growth Mindset.
Session 4 – November 9	2:00 p.m. – 3:00 p.m.	Navigating Change and Adversity.



# Midland College PROFESSIONAL LEARNING COMMUNITY

## FALL 2023 APPLICATION

This PLC will equip Midland College employees with essential skills and strategies to adapt, embrace change, overcome obstacles, and foster adaptability.

**REGISTRATION DEADLINE: THURSDAY, OCTOBER 12, 2023**

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Session 4 – November 9	2:00 p.m. – 3:00 p.m.	Navigating Change and Adversity.

Complete the information below and submit to [tinyurl.com/TLC-F23](https://tinyurl.com/TLC-F23)

### PARTICIPANT INFORMATION

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

POSITION: ☐ Full-time staff ☐ Full-time faculty ☐ Part-time staff ☐ Adjunct faculty

*By signing below, I acknowledge the time commitment necessary to participate in the MC Reading Collaborative.*

Participant  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*By signing below, I acknowledge and support the time commitment necessary for the above named  
to participate in this MC Reading Collaborative.*

Supervisor  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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