**FIERCE RESILIENCE POST WORKSHOP EMAIL**

**To**: Employees who have completed workshop

**From**: Internal Sponsor

**Subject**: Fierce Resilience Post Workshop Connection

**Body:**

Hello there!

You've just finished the **Fierce Conversations Resilience** workshop and our learning team wants to make sure you have the tools and support you need to begin applying the Fierce concepts to your daily work activities.

Here are some **reflection prompts** to support your transfer of learning:

1. *Who can I connect with to build my own community of resilience to lean into when I’m feeling overwhelmed?*
2. *How might I use the Rivers of Resilience framework (Stop, Reflect, Recalibrate, Choose) to work through a current situation that is creating stress for me?*
3. *What are some limiting beliefs I currently hold that are impacting the results I’d like to see? How might you reframe that belief to get better results?*
4. *Who could I share my takeaways and tools from this workshop with? In other words, who do I know could benefit from elevating their resilience?*

If you haven't already, explore the [Fierce Digital Platform](https://fiercelearning.com/) where you can revisit all of the concepts you've learned and find additional resources such as <on-demand learning and 3D simulations for specific workplace challenges.>

Another amazing tool that you can keep right in your pocket is the **Fierce Connect App** which you now have access to. It provides quick templates for you to craft conversations 'on the fly' utilizing the conversation models you have learned in the Fierce trainings.

Did you know there is a greater Fierce community that you can connect with to further collaborate with? The possibilities are endless. Ways to get connected to Fierce:

* Explore the [**Fierce Website**](https://fierceinc.com/resources/blog/) for their engaging blogs, white papers, and additional resources
* Join the [**Fierce LinkedIn Community**](https://www.linkedin.com/company/fierce-inc-/mycompany/)
* Join the [**Fierce Facebook Page**](https://www.facebook.com/FierceConversations)
* Subscribe to the [**Fierce Newsletter**](https://fierceinc.com/?s=newsletter&asp_active=1&p_asid=1&p_asp_data=1&current_page_id=231727&woo_currency=USD&qtranslate_lang=0&filters_changed=0&filters_initial=1&asp_gen%5B%5D=excerpt&customset%5B%5D=import_users)

Stay Fierce,

[Internal Sponsor]