

Thriving in the Face of Cancer

ONLINE TRAINING COURSE SCHEDULE

Following is a session-by-session overview and schedule for the 10-session Online Training Course. All sessions will be conducted via phone or video conference (your choice).

Session 1: Assessment (Monday, July 1, 5:30 – 6:45 pm)

The primary goal of this program is to help you feel better. In order to do that, you have to know how you're feeling now and why. This allows you to make a plan for feeling better. The purpose of this first session is to help you gain a clear understanding of what is going on for you, so that you can set goals for yourself and keep track of your progress as you move through the ten sessions.

Session 2: Introduction (Monday, July 8, 5:30 – 6:45 pm)

This session provides an overview of the effects of stress, introduces you to the core concepts of the program, and teaches a few simple tools that you can use to feel better immediately.

Session 3: Hope (Monday, July 15, 5:30 – 6:45 pm)

This session helps you identify the unique constellation of stressors that are impacting your quality-of-life and clarify what's in and out of your control.

Session 4: Balance (Monday, July 22, 5:30 – 6:45 pm)

This session helps you balance the roles and responsibilities in your life and teaches tools for feeling emotionally balanced, as well.

Session 5: Inner-Strengths (Monday, July 29, 5:30 – 6:45 pm)

This session helps you identify your strengths, as well as, your needs. Learn how to use your inner strengths to cope with your stressors and discover how to get your needs met.

Session 6: Self-Care (Monday, August 5, 5:30 – 6:45 pm)

In this session you will explore your beliefs about taking care of yourself, balancing your needs with those of others, and your relationship with your body.

Session 7: Support (Monday, August 12, 5:30 – 6:45 pm)

In this session you will explore how supportive your relationships feel and make a plan for giving and receiving the support you need.

Session 8: Spirit (Tuesday, August 27, 5:30 – 6:45 pm)

In this session you will explore what Spirit means to you and learn tools for cultivating a deeper connection to your source of comfort, inner peace and inner wisdom.

Session 9: Life-Review (Tuesday, September 3, 5:30– 6:45 pm)

In this session you will identify the gifts and lessons from your past; explore what gives your life purpose, meaning and joy; experience a unique tool for facing fears around end-of-life; and set goals for your future.

Session 10: Close (Tuesday, September 10, 5:30– 6:45 pm)

In this final session, we will recap and review the coping skills and tools taught over the previous ten weeks and discuss ways you can incorporate these tools and skills into your daily life moving forward.