

AAACN presentation: **From stress to strength: Wellbeing for self, patients and team**

- I. How I got here: to disrupt the trajectory of ACE to Illness = Resilience to promote wellbeing
- II. Resilience, old way, new way from deficit model to asset model
- III. ABC's
- IV. CMCL model
- V. Your experience being a participant and facilitator
- VI. Strategies and resources for this audience, with CMCL as one option