



**MAY 19<sup>TH</sup> 2026**

### **The Learning Community Series**

Each month, we explore a topic discussing strategies related to resilience, trauma-informed approaches (TIA) and healing centered strategies. We offer practical tools and resources and enable authentic conversations about what these means within an organization.

This session is a discussion on the **Science of Positive Psychology and Resilience**.

A resilient workforce is essential for organizational success. Join us as our guest, Martín Blank of School Wellbeing Solutions, discusses the science of positive psychology and resilience in the workplace. Martín Blank is the Founder of School Wellbeing Solutions, an organization that helps schools and human-serving organizations build healthier, more resilient workplaces. Their work draws on research and applied practice in positive psychology, leadership development, coaching, and uses practical resilience tools to help leaders and staff strengthen well-being, connection, adaptability, and team culture.

For this session, Martín will share an introduction to the science of positive psychology and resilience in the workplace, with tools participants can use to notice thinking patterns, build high-quality connections, and support individual and collective thriving.

**LEARNING  
COMMUNITY**

**Positive  
Psychology and  
Resilience**

**May 19<sup>th</sup> 2026**

**10am – 11:30am**

**Register Now**

**Hosted by  
NJDCF's  
Office of  
Resilience**

