



"Living, working, and leading in uncertainty and stress can be depleting, destabilizing, and demoralizing. I can help you and your team turn stress to strength, fear to fuel, and build inside-out resilience in adversity, in community."

Lu Hanessian

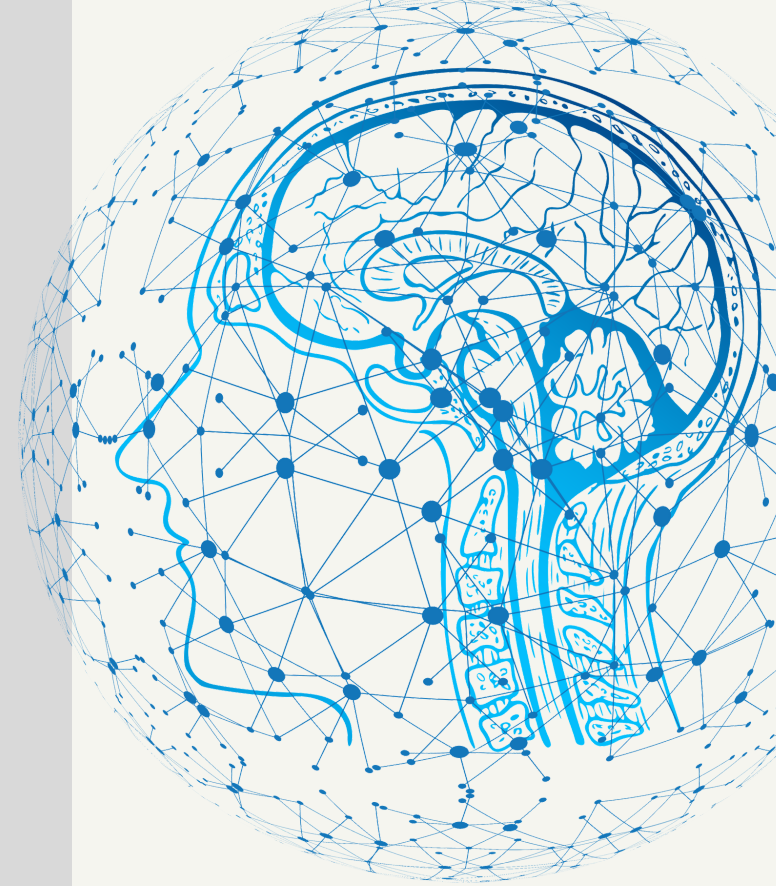


"Lu has been an invaluable resource—bringing a wealth of knowledge and expertise to our center on a myriad of topics. Her repertoire is extensive, and her trainings are thought-provoking, transformational, well-structured, and dynamic. She is an indispensable asset."

Lu Hanessian, MSc

Stress Resilience. Agility. Leadership.  
Neuroscience + Positive Change

Integrate Resilience  
MindfulMediaWorks, LLC



# INTEGRATE RESILIENCE

Turn Stress to Strength  
Thrive in Uncertainty  
Expand Cognitive Agility  
Boost Emotional Intelligence  
+ Self-Regulation



Lu Hanessian is an award-winning science journalist, author, researcher, educator, facilitator, consultant, and speaker, working across multiple sectors, offering interactive and experiential science-based, courses, workshops, and trainings, integrating relational neuroscience, self/co-regulation, emotional intelligence, affective science, trauma-informed stress management, vicarious resilience, media literacy, social justice, and adaptive leadership.

Lu holds a Master of Science degree in Conflict Management and Resolution MSc from the University of San Diego Kroc School for Peace and Justice Studies.

She is veteran journalist, former NBC Network anchor, Discovery Channel host, and the author of five books, including the forthcoming "Practice Makes Present" on the science of mind-brain-body connection, agility, and leadership based on her SAFE Model.

She is host of the upcoming podcast "The Foreseeable Now".

## Connecting Empowering Strengthening

Workshops  
Half-Day  
Full-Day  
2-3 Day  
Webinars  
Session Series  
Lunch & Learns  
Semester Courses  
Consultations  
Resources  
Support

Lu Hanessian, MSc  
[www.luhanessian.com](http://www.luhanessian.com)

- Mindfulness + Wellbeing
- Resilience-Building Practices
- Trauma and Stress Awareness
- Emotional Intelligence + Empathy
- The Science of Trust
- Boosting Executive Function in Stress
- Neuroplasticity and Positive Change
- Self-Care and Vicarious Resilience
- Interactive virtual workshops, courses, and program series offering cutting edge research distilled into applied practices, resilience skills and personal/professional development







## Pandemic Resilience

"The pandemic has been an unprecedented challenge. Lu's teachings have boosted me, given me renewed courage and perspective, and made me feel less anxious, more hopeful, more grounded.

She offers incredible insights and practices for our brains, minds and wellbeing. She has brought a profoundly calming leadership to our team culture."

- Creating a Trauma-Aware, Resilience-Centered Team, Organization, Community based on TASC-R Model
- Evidence-Based Strategies for Cultivating Personal Resilience
- Chaos to Calm: Keys to Coping and Thriving in Uncertainty
- Turning Stress to Strength
- The Science of Self-Regulation, Co-Regulation, and Relationship as Mutual Support System based on SAFE Model
- The Power of "Affective" Leadership
- Boosting Executive Function and Emotional Intelligence in Stress
- Focus, Attention, Mindfulness, Agility (FAMA)
- Understanding Our Stress Responses to Change Reactivity Patterns
- Mindfulness in Communication
- The Flip Side of Fear
- Building a Culture of Trust

...and more

Lu Hanessian, MSc  
[www.luhanessian.com](http://www.luhanessian.com)

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"Lu is a rare blend of inspirational teacher and scientific mind. She connects the dots between the mind, brain, nervous system and our social system. The power of curiosity in context. I learned more about my patterns, mental filters, and power to change my response than any other time."

