



The poster features a light blue background with a large orange silhouette of a person's head in profile. Inside the head, there is a white gear and a question mark. At the top left, there is a yellow lightbulb. The text on the poster includes the Mapúa University and CGC logos, the title "Changing How You Feel by Changing How You Think", the subtitle "A WEBINAR ON MENTAL RESILIENCE", the date and time "APRIL 14, 2021 1:30PM - 3:30PM", a photo of Lillian Ng Gui, her name and credentials "LILLIAN NG GUI MA, RPsy, Rpm, CSCOP RESOURCE SPEAKER", and the instruction "JOIN US VIA ZOOM AND MAPUA-CGC FB LIVE (OPEN TO ALL STUDENTS, TEACHING & NON-TEACHING PERSONNEL)".

OBJECTIVES:

- To allow the participants to develop skills in facing unexpected and overwhelming life situations.
- To enhance the participants' coping mechanisms that are deemed necessary in adapting to adversities and stressors.
- To assist the participants in becoming more resilient and ready for whatever life may bring.

The screenshot shows a Zoom meeting window. The main content is the same webinar poster as seen in the previous image, overlaid on a background image of the Mapúa University building. On the right side, there is a vertical list of participants with their names and profile pictures. The names visible are Sharon R. Timpu, Willa Ocampo, Lillian Ng Gui, Maria Mina Can..., Arlene Macap..., and Mary Jane Lagapa. The Zoom interface at the bottom shows controls for Unmute, Start Video, Participants (61), Chat, Share Screen, Reactions, and a Leave button. The system tray at the bottom right shows the time as 1:40 PM on 4/14/2021 and a battery level of 75%.