



Building Resilience Workshop II

Teaching and Coaching Others to Build Resiliency Skills and Attitudes

GOAL: The goal of this 6-hour workshop is to integrate the skills and attitudes learned in Building Resilience Workshop I into your organization, workplace, school, or municipal setting.

HOW THE PROGRAM WORKS: Through instruction and coaching, workshop trainers teach participants the skills and attitudes necessary to implement resiliency training programs, thus assisting people in their ability to adapt to and survive difficult times.

BENEFITS OF RESILIENCY TRAINING:

- Reduces frequency and intensity of post-traumatic stress disorders and other health problems.
- Allows people affected directly to recover more quickly and completely.
- Develop a true sense of our connectedness to others.
- Learn how to make realistic plans and take action to carry them out.
- Developing decision-making skills and effective communication under stress
- Techniques for practicing flexibility on a daily basis.

IDENTIFYING PROSPECTIVE RESILIENCY TRAINERS: The Building Resilience Workshop II is designed for educators, human resources and personnel managers, health care professionals, and first responder professionals, and other community leaders.

PROGRAM OUTLINE:

- **Understanding resilience:** Defining the skills and attitudes that make up resiliency.
- **Learning from the past:** Identifying and examining the skills and attitudes participants have utilized during a time of crisis.
- **Learning from role models:** Examining lessons learned, both good and bad, from parents and role models.
- **Resilience skills through storytelling:** The program uses two publications: 1) *Reaching Home*, a novel that explores the disabling effect of fear on individuals and society, and the attitudes and skills that build resilience. 2) *Duct Tape Isn't Enough* used in concert with *Reaching Home*, to learn and teach the attitudes and skills that build resilience.
- **Developing a plan for building resilience:** Participants develop their own plan utilizing information found in *Duct Tape Isn't Enough*.
- **Techniques for teaching others**

METHODOLOGY: Training sessions are comprised of lecture, written exercises, large and small group discussions, PowerPoint and video presentations. Workshop materials include *Reaching Home* by resiliency expert, Ronald Breazeale, Ph.D. and *Duct Tape Isn't Enough*.