



Building Resilience Workshop I Building Personal Resilience

GOAL: The goal of this 4-hour workshop is to build resiliency in individuals, thus allowing them to overcome adversity more quickly and to lead a healthier life.

BENEFITS OF RESILIENCY TRAINING:

- Manage stress at work or home
- Increase team spirit, cooperation, and job satisfaction
- Improve morale
- Build stronger relationships with coworkers
- Decrease medical and mental health problems
- Accept change in the workplace
- Manage job loss and other grief circumstances
- Prepare for and managing retirement

HOW THE PROGRAM WORKS: Through instruction, program trainers teach participants the skills and attitudes necessary to “bounce back” from adversity, whether it be a personal life crisis, work/life issues, or a national disaster such as a hurricane, ice storm, or a terrorist attack.

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 utilizes two publications. 1) *Reaching Home*, a novel that explores the disabling effect of fear on individuals and their society, and the attitudes and skills that build resilience. Written by resiliency expert, Ronald Breazeale, Ph.D. 2) *Duct Tape Isn't Enough* assists individuals and groups in using the book, *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*.

METHODOLOGY: Training sessions are comprised of lecture, written exercises, large and small group discussions, PowerPoint and video presentations. Workshops materials include the books *Reaching Home* and *Duct Tape Isn't Enough*.