



Outline of Program

Workshop Title

Turn Your Stress into STRENGTH – Resiliency Training

Workshop Description

Feel the power of this “hands-on” workshop series that utilizes both research-based resiliency techniques, as well as Wellness Coaching-- the emerging profession that is among the most effective approaches to helping people make and sustain improvements in their lives.

Learning Objectives

By the end of this session, you will be able to....

- Recognize the impact compassion and empathy fatigue have on the body and mind
- Learn and practice “cutting-edge” research-based resiliency tools
 - To calm physical and emotional reactions to secondary trauma
- Inspire, motivate and build self-confidence within yourself and your clients
- Practice and understand how to apply the resiliency techniques to your clients.

Outline of Workshop –

- **Week 1 - Define, address and assess your stress**
 - Understanding, recognizing and assessing Secondary Trauma
- **Week 2 – Create Resiliency**
 - B-r-e-a-t-h-e

Note – There are 9 weeks listed above, we will narrow down the 8 week topics and the workshop to the needs identified by:

- Survey Results from Participants
- Completed Pre-Program Questionnaire from client



- **Week 3 – Create Resiliency**
 - Be Here – Be Now (Mindfulness)
- **Week 4 – Create Resiliency**
 - If you can see it, you can be it (Visualization)
 - Progressive Relaxation
- **Week 5 - Maintain Resiliency Mindset**
 - Got Grit? The Growth Mindset
- **Week 6 – Maintain Resiliency Mindset**
 - The Science of Happiness
 - How to incorporate Dr. Martin Seligman’s research-based Flourish model into your life
- **Week 7 - How to Balance your life in this workaholic world (Life Balance Exercises)**
- **Week 8 – Cognitive Restructuring**
 - Perceptions the most controllable area of stress management!
- **Week 9 - Wellness Coaching Teaser**

Note – we will customize the 8 week topics and the workshop to the needs identified by:

- Survey Results from Participants
- Completed Pre-Program Questionnaire from client