

Course Title: **RESILIENCE: A STRENGTHS-BASED APPROACH TO TRANSFORMING LIVES**

Instructor: **Sara Truebridge, M.Ed., WestEd**

**Executive Summary**

**Workshop Description**

Resilience begins with what one believes. Practitioners who possess an understanding of resilience and the belief that resilience is a process that can be tapped within each individual, can make a positive contribution in the lives of others.

This workshop introduces participants to an understanding of resilience and resilience theory and how it pertains to individuals especially those in crisis and/or dealing with trauma. The workshop also provides participants with an awareness that resilience and resilience theory applies to themselves and to the organizations and systems that support their work.

By providing an environment that models caring relationships, high expectations, and opportunities for participation and contribution, this workshop connects participants to their own resilient spirit so that they can tap the resilient spirit within the individuals they work with. This workshop offers practitioners support, optimism, and hope.

**Target Audience**

This workshop is appropriate for all staff members within the Family & Children's Services Division of the Human Services Agency: practitioners, managers, and administrators. The information in this workshop is intended for all staff to use in their practice as well as in their own settings.

## **Outcome objectives**

There are five main objectives of this workshop:

- *To inform* participants about the shift in thinking that is taking place in social services, education, youth development, and human development. It is a shift from risk to resilience that comes from a wealth of scientific, evidence-based research and data that recognize resilience and its positive role in human development.
- *To validate* participants' wisdom, expertise, and practice in what they already know and do as qualified and experienced practitioners.
- *To connect* participants to resilience on a personal level to show how resilience has affected their own lives.
- *To empower* participants as agents of change in the lives of others as well as in their own lives.
- *To support* participants in their efforts as resilience practitioners and to facilitate their efforts to develop their own resilience support network to achieve the ultimate goal of supporting all individuals as whole individuals.

Skills to be developed and supported include:

- Listening
- Reframing
- Problem Solving
- Facilitating
- Empathy
- Transference of empowerment to others
- Self Awareness/Mindfulness

## **Ways that supervisors can support the transfer of learning from this training to the job**

**Before the training:** Participants can prepare for the workshop by reflecting upon situations where they have witnessed resilience in action—either with their clients or in their own personal life. Participants should bring their copy of the book, *Resilience: What We Have Learned* to the workshop.

**After the training:** Following the workshop, participants are encouraged to support one another in maintaining a strengths based perspective in their practice as well as in their own personal life. Participants in the workshop will be encouraged to use the book, *Resilience: What We Have Learned* as a reference as well as additional follow-up resources and support materials.

### **Training methods**

Small group and large group discussions and activities  
Sharing from Trainer  
Support materials and resources  
Personal reflections