



Background on the 2-Day Transformational Resilience Train-the-Trainer Workshop

Background on Purpose and Focus

The *Transformational Resilience* (TR) program is designed to help organizational and community leaders learn--and learn how to teach--neuroscience-based information and psychological and psycho-social-spiritual resilience building skills. The information and skills are designed to help individuals, groups, and communities increase their capacity to constructively cope with, and turn climate change-aggravated (other other types of adversities) into transformational catalysts to increase personal and collective wellbeing, while restoring the natural environment.

The TR program is focused on preventing serious psychological and psycho-social-spiritual impacts resulting from rising global temperatures before they occur. That's because global temperatures are set to rise by 3.6 degrees Fahrenheit (2C) above preindustrial levels in the near future, or higher. The disasters and persistent overwhelming (i.e. toxic) stresses that result will greatly add to the stresses of daily life leading to both a predictable and surprising mix of traumatic experiences for people. It will be far more effective and less expensive to proactively build the public's capacity to constructively cope with these challenges so they are prepared when they occur, than it will be to try to treat increasingly larger populations of traumatized and severely stressed individuals and groups after crises have occurred.

The TR program emphasizes learning information, skills, and tools that help people use adversity as a transformational catalyst for personal and collective growth. Research and ample experience show that, rather than "bouncing back" to pre-crisis conditions (the traditional concept of resilience), the most resilient people use crises as opportunities to learn, grow, and find new positive sources of meaning, direction, and hope in their lives. This is important because it will not be possible to return to pre-crisis conditions as global temperatures rise toward or beyond 3.6 degrees F above pre-industrial levels. For example, how many people in Puerto Rico have "bounced back" after last year's historic hurricane? As climate change worsens, individuals and groups will need knowledge and skills that help them find new sources of meaning in the adversities, revise their perspectives, and adopt new priorities about what is important in life that offer hope and inspiration. Indeed, climate change is likely to be a profound teacher about what's really important and how we want to live our lives.

Participants in the Train-the-Trainer workshop should be prepared for a very intensive experience. They will learn information and skills and then break into small groups to teach them to others, receive constructive feedback, and incorporate the information in additional rounds of teaching and feedback. They will also be assigned nightly assignments.

Agenda for Transformational Resilience 2-Day Train-the Trainer Workshop

(Draft: this agenda is subject to change before or during the event)

Day One

8:30 am: Welcome, Introductions, and Background Information

- Welcome and brief description of the purpose and goals of the workshop
- The Reset Button: simple 2-minute exercise to calm your body and mind
- Introductions in groups with humor while practicing the Reset Button.
- Ground rules: share only what is comfortable, respect others space, respect yourself through self-care, everything that is said stays in the room.

8:45 am: Overview of Resilience in the Era of Ever-Rising Climate Adversities

- Description of psychological and psycho-social-spiritual resilience and the characteristics of the most resilient individuals and groups
- The neuroscience of trauma and chronic toxic stress
- The effects of adversity and stress on physical, emotional and psychological wellbeing.
- The effects of adversity and stress on group, organizational, and community wellbeing.
- Why we know it is possible to enhance your personal and collective resilience.
- Exercise: evaluate your personal resilience and share with partner.

9:15 am: Building Resilience

- Explanation of the *Resilient Growth Model*™ for Transformational Resilience:

Ground—and center yourself by calming your body, emotions, and thoughts

Remember—your personal strengths, skills, and social support network

Observe—the situation and your views about it with clear eyes

Watch—for new meaning and purpose in adversity while acknowledging losses

Tap—into the core values you want to live by in the midst of adversity

Harvest—hope for new possibilities by engaging with others to increase personal, collective, and ecological wellbeing

- First Teaching Experience: In triads, one person volunteers to be the teacher, another the student, and another an observer. Then everyone switches roles.

10:00 a.m: Ground—and center yourself by calming your body, emotions, and thoughts

- Explanation and teaching practice of Tracking, Grounding, and Resourcing

12 noon Lunch: Suggestion to experiment with mindful eating and walking

1:00 pm: Remember—your personal skills, strengths, and social support network.

- Personal Resilience Scan: Recognizing and celebrating the skills that got you this far.
- The Community Resilience Model: Explanation and practice of Resource Intensification
- Learning and teaching *Circles of Support*

3:00 pm: Observe—the situation and your views about it with clear eyes

- Seeing Systems: explanation and practice of seeing interdependencies.
- Noticing and Naming: Explanation and practice of seeing reality and monitoring and naming your emotions and thoughts.
- Cultivating self-acceptance, compassion, and empathy: explanation and practice of being kind to yourself.

5:00 pm: Recap of Day and Closing Ceremony

- Brief recap of day, Q&A
- Congratulate and celebrate yourself and others in the room

5:30 pm. End

- Homework assignment: notice what is happening within you, and eat, walk, dish wash, or brush teeth mindfully during the evening and early morning
- Request to bring bag lunch tomorrow because the group will eat together in room

Day Two

8:30 am: Welcome and Check In

- Reset Button—2-minute practice of calming your mind and body
- Mindful Check-In: Sharing of reactions of day one and Q&A

8:45 am: Watch—for new meaning and purpose in adversity while acknowledging losses

- Explanation and teaching practice on how to turn toward adversity, learn, and find meaning in it
- Importance of self esteem, realistic optimism, gratitude, altruism and humor for resilience

10:45 a.m: Tap—into the core values you want to live by in the midst of adversity

- Explanation and teaching practice
- Explanation of neurobic exercises

12 Noon Lunch

- Eating mindfully.
- Food sharing exercise (modeling altruism)

1:00 p.m: Harvest—hope for new possibilities by engaging with others to increase personal, social, and environmental wellbeing

- Explanation and teaching practice of the three core elements of harvesting hope.
- Clarifying your moral compass and life purpose in the era of climate disruption.
- Explanation and practice of surfacing your ethical framework and purpose.
- Becoming an agent of change in your own life: explanation and practice

3:00 pm: Applications to individuals, organizations, and communities

- Applications to different age, cultural, and demographic populations.
- Applications to organizations and communities
- Evaluation tools and methods
- Establishing local “learning hubs” for TR teachers

4:30 p.m: The Journey Toward Transformational Resilience

- Final Q&A and problem solving
- Group Closing: Congratulate and celebrate yourself and others in group

5:00 pm: End