RESILIENCY...

is the ability to rebound as we go through life, facing trials or adversity. Research from psychology, psychiatry, and sociology is showing how we can help ourselves and others overcome trauma and life problems. The research has concluded that all of us are in fact, "hard-wired to bounce back"... and "it is more likely to be resilient in the face of adversity than not." All training by Dr. Nan Henderson is completely research based.

NOW MORE THAN EVER is the time to give your self, your students, clients, and/or colleagues specific, practical research-based strategies on how to bounce back, and help others bounce back to a resilient outcome.

Comments about resiliency presentations by Dr. Nan Henderson...



Now offering Zoom presentations
dr.nan@resiliencynews.com

"Brilliant, in all definitions of the word... Not only did I leave feeling good, I was equipped to meet the [demands] of my job." - Marcia Hendrichs, Middle School Prevention/Intervention Specialist, San Diego, CA

"This training provided an excellent mix of self-reflection, practice strategies, and foundational research. As a result, I increased my confidence, competence, and credibility." - Misty Stenslie, President, Foster Care Alumni of America

"[Nan's trainings] should be packed. Teachers—and all educators—should come by the busloads to learn what to do for everything that ails our kids." - Laurel Schmidt, Director of Pupil Services, Santa Monica, CA schools

"Excellent topic, excellent speaker. [Nan's presentation] was fully packed with information, materials, and resources, yet focuses on interactive, practical activities that make resiliency REAL." - Sara Wilson, Education Specialist, Safe and Drug-Free Schools and Communities, Lubbock, TX Service District

"I wish Nan could speak Portuguese so I could take her back with me to Brazil and share her gifts there... this training was worth the 40 hours I had to fly to attend! -Cicera Rodriques Yoshimoto, psychologist, Brazil

"United people in our state in a way that had never happened before" - Mary VanderWall, CO Dept. of Education

"I came anticipating increasing my effectiveness as a professional and left increasing my effectiveness as a human being." - Xenia Becher, Central New York Counsel on Adolescent Pregnancy Prevention, New York

"Weeks later, people are still talking about it." – Sue Mahoney, VT Dept. of Education

"It will change your perspective on life!" – Arlene McGill, M.D., Jamaica Dept. of Health

"[This] needs to be provided to all levels of Military structure. It is what the military needs to support soldiers, sailors, marines, and their families." - Kent S. Muliken (RET) Army Colonel, CEO of Management Training and Consultants, Dumfries, VA

Most recent reviews of Zoom training...

"Nan, you are a Zoom natural! Our folks loved your [December 2020] training and we want you back to kick off our summer training series this June." - Kathy Daley, Training Director, Rainbow Days, Dallas, TX, www.rainbowdays.org

"You had the group captivated in your [February 2021] presentation...[It created] excitement to bring the lens of resiliency to the trauma sensitive work being done." – Alie Hubing, Project Coordinator, WI Safe and Healthy Schools Center, www.wishschools.org

Some of the hundreds of organizations that have contracted Dr. Henderson's training:

Colorado Dept. of Education *New York City United Federation of Teachers* *Vermont Dept. of Education*
California Dept. of Education *New Zealand Ministry of Education* *Los Angeles Unified School District*
National Big Brothers/Big Sisters *Ohio Network for Training and Assistance for Schools and Communities*
Loyola Marymount University Dept. of Education *Cherry Creek School District, Denver, CO* *Job Corps* *Americorps*
State of Texas Safe and Drug-Free Schools Initiative *Nebraska Association of Prevention Professionals*
National School Drop-Out Prevention Conference Alberta, Canada Alcohol and Drug Abuse Coalition
New Zealand Federation of Children's Health Camps *TX Association of School Social Workers* *Winnipeg, CA Schools*
Calgary (Canada) Regional Consortium *University of San Francisco* *Rhode Island State Association of Foster Care*
University of Southern Maine *Pennsylvania Association of Student Assistance Professionals* *Search Institute*
New York City Public Schools *Vance Air Force Base* *Edwards Air Force Base* *Army Resiliency Trainers Conference*
City of Philadelphia *Pennsylvania Department of Education* *Edmonton, CA Teachers Association*
Randolph Air Force Base Calgary Regional Consortium *New Hampshire Dept. of Education*

*Resilient Together: How to Build "Bounce Back" Kids, Schools, Families, & Communities

By Nan Henderson, M.S.W., Ph.D. .... and tailored to your group/ organization

This motivating two hour to one full day presentation translates recent findings from social science resiliency research into a practical, hands-on, empowering specific strategies that can be used to foster resiliency in students, families, agencies, and communities and to create a resiliency-building culture. The message, "Every person has the power to be a resiliency builder" is central in this presentation. Tools for assessing and putting the research into immediate action are also shared.

*Other training topics include "Post-Pandemic Resiliency," "Resiliency In Schools: Making It Happen for Students and Educators," and "Parenting for Resiliency"

RESEARCH-BASED AGENDA [Draft to be tailored to your organization]

Unlocking *the power of resiliency*:
- Where has it comes from?
- How does resiliency happen?
- How to be an effective resiliency builder every day
- Shifting the balance from risk to resiliency
- The most recent resiliency research findings
- Connecting resiliency to ACEs (Adverse Childhood Experiences)

Connecting the research to children/youth/families you are concerned about:
- Using the "Resiliency Chart"
- Identifying and increasing Personal Resiliency Builders
- Using the "Resiliency Wheel" as a tool for resiliency building

The "Four Most Important Steps to Fostering Resiliency"

Keys to resiliency during a pandemic

Using "The Resiliency Quiz" & other activities for identifying and building resiliency

The power of One Person to foster resiliency

Your trainer, Nan Henderson, M.S.W., Ph.D.

...is the co-founder and president of Resiliency In Action, a pioneering publishing and training company started more than 25 years ago. Her publications on resiliency and wellness, positive youth development, and school and organizational change are used in more than 25 countries. She has provided hundreds of presentations and trainings in 45 U.S. states and several foreign countries for a wide variety of audiences and organizations, including Big Brothers/Big Sisters, Upward Bound, Americorps, State Departments of Education in California, Vermont, Colorado, Texas, New Hampshire, Pennsylvania, and the U.S. Military, as well as national conferences in New Zealand and Australia. She has served on the faculty of five colleges/universities; worked as a clinical therapist with youth, adults, and families; and directed citywide and statewide programs. She is the author of five books on resiliency, numerous articles, and an on-line newsletter distributed worldwide. Her most recent book, The Resiliency Workbook: Bounce Back Stronger, Smarter & With Real Self-Esteem, was the #1 best-selling resiliency book on amazon.com for several years. She was also featured as a "resiliency expert" on National Public Radio. See more at **www.resiliencynews.com**.