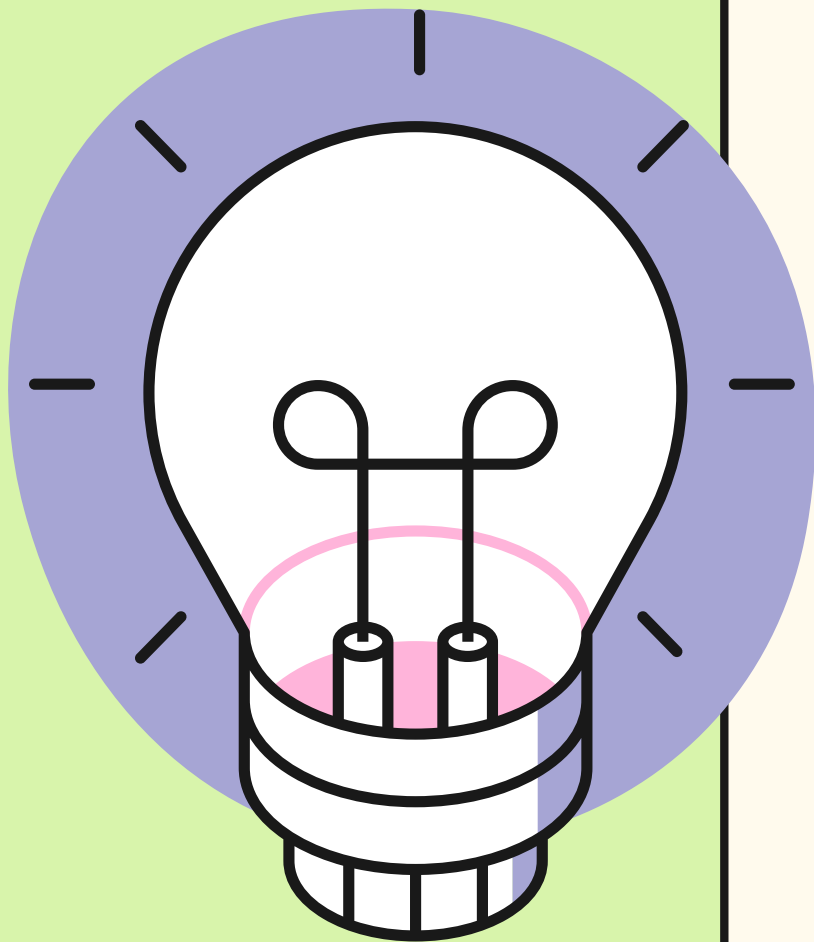




OBJECTIVES

- Define resilience.
- Recall the 8 mutually interdependent dimensions of wellness.
- Identify the methods used to build personal resilience.
- List potential stressors that affect personnel during emergency responses.
- Identify feelings or behaviors that are seen as warning signs of personnel experiencing trauma or the effects of a burnout.
- Explain the Buddy System.
- Recall the primary characteristics of highly resilient people.
- Discuss ways to seek available support networks and identify local resources.

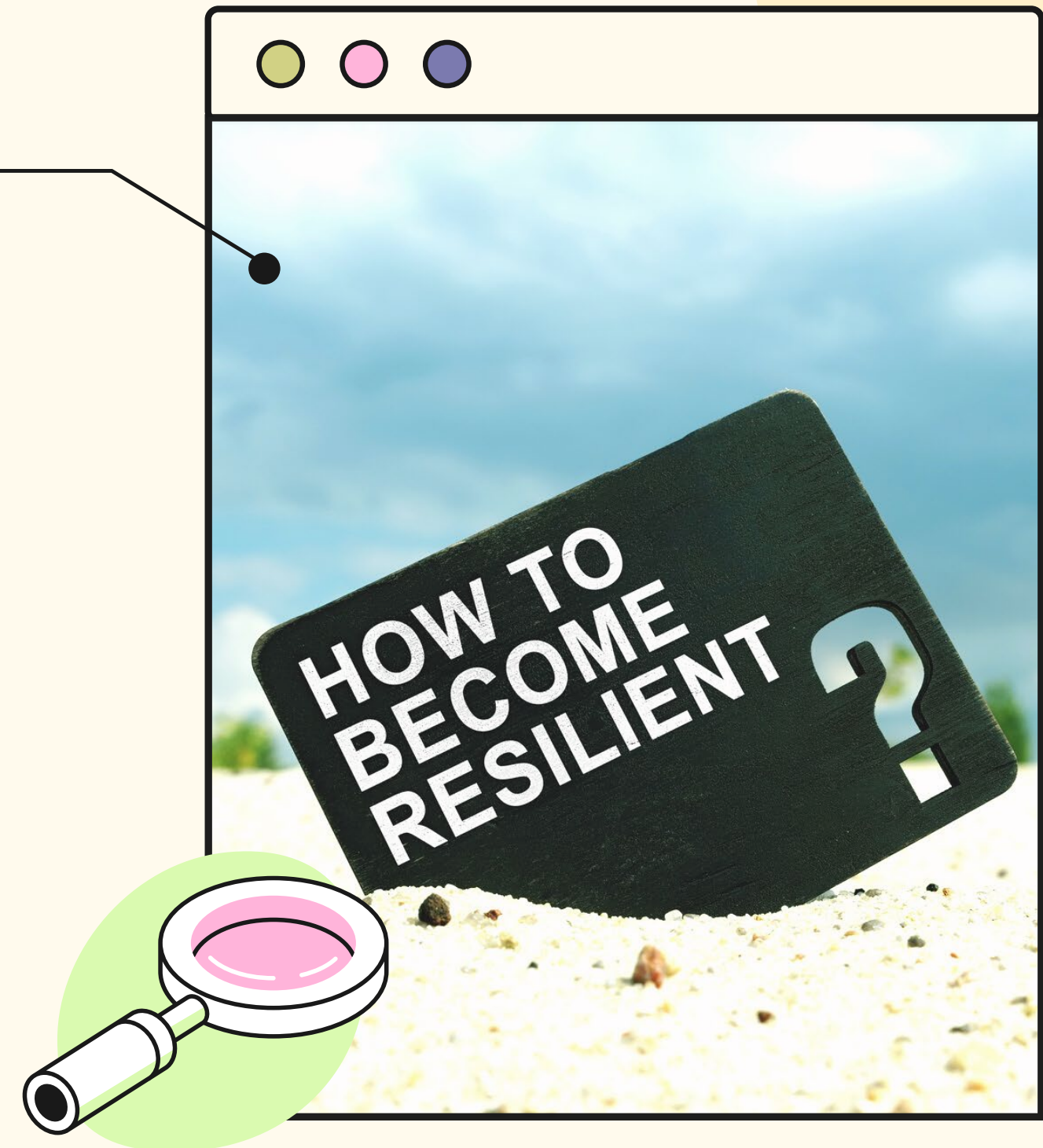


INTRODUCTION

Recent world events have exposed the fragility of some businesses as never before, as supply chains have been compromised and critical systems exposed to unprecedented stresses. The need to create workforce resilience has become clear.

The Introduction includes:

- Welcome
- Introductions
- Course Overview



COURSE OUTLINE

MODULE 1

What is Resiliency?

- Definition
- Importance of Resiliency
- 8 Dimensions of Wellness
- Personal Resilience

Activity 1

- Wellness Wheel

Knowledge Check

- 8 Dimensions of Wellness

MODULE 2

Emergency Response & You

- Emergency Response Stressors
- Trauma and Burnout
- Warning Signs

MODULE 3

Personal Resilience

- Highly Resilient People
- Resilience Enhancement Techniques
 - The Buddy System
- Support Networks

Activity 2

- Guided Imagery

Assessment

RESILIENCY TRAINING

LEARNER ENGAGEMENT

1

ACTIVITY 1: WELLNESS WHEEL

Learners will complete a self-assessment of their current level of happiness. The learner will rate themselves in each of the eight sections of the wheel using a Likert scale of 1-5, then connect the sections to create their wellness wheel, showing what is working and what still needs improvement.

- Learners will be provided a downloadable worksheet to complete this activity.

3

KNOWLEDGE CHECK: 8 dimensions of Wellness

After reviewing the eight dimensions of wellness, the learners will be given a quiz to assess their ability to identify healthy behaviors and activities.

- Multiple Choice Questions (MCQs)
 - Fact-matching
 - Scenarios

2

ACTIVITY 2: Guided Imagery

This relaxation exercise uses words, images and all five senses to help move attention away from worry and stress to a more relaxed state.

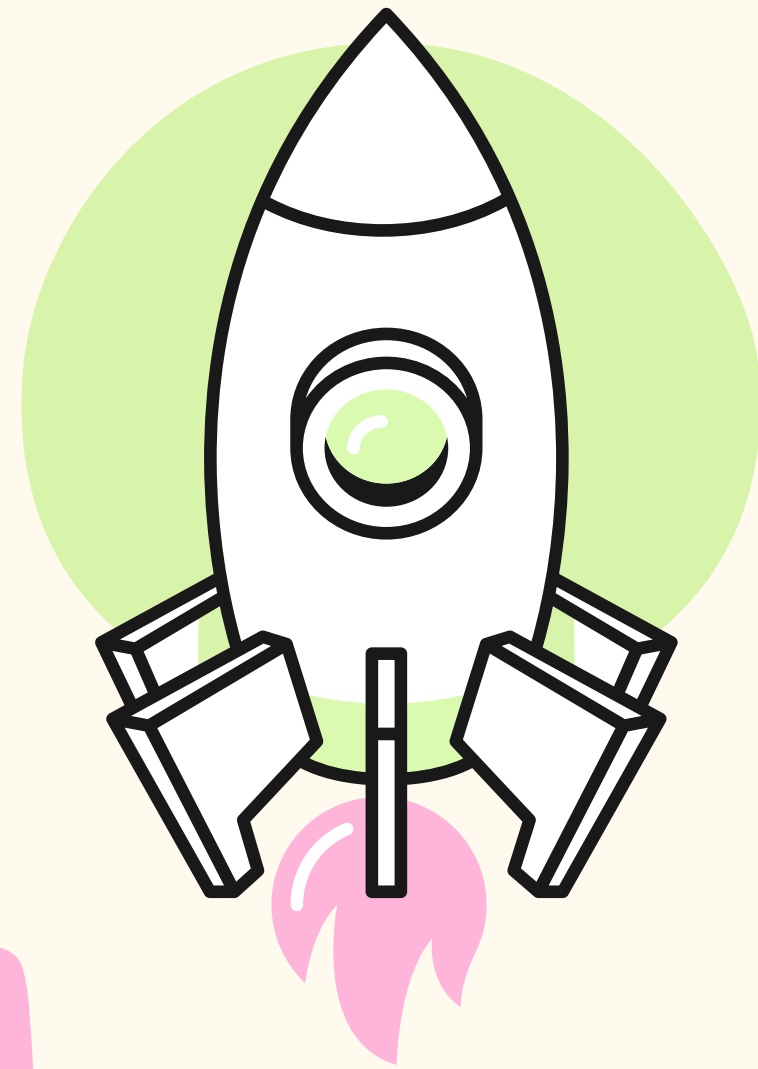
- Instructor will use audio to allow the learner to close their eyes, relax, and visualize themselves in their "Private Garden."

4

ASSESSMENT

To assess knowledge transfer, the learner will be given a final assessment.

- The assessment will consist of fact-matching, scenarios, and image-based MCQs.
- Learners must achieve a minimum score of 80%



CONCLUSION

Resources

Professionally trained counselors can help minimize the impact of a stressful or disturbing event and help promote resilience.

- CDC Resources
- External Resources

Reflection

Reinforce the goal of the course.

- To enhance your resilience over the long term, you need to learn to ride the waves as you face challenges.
 - Reflect regularly on your experiences
 - Practice resilience enhancing techniques
 - Think about which of the 8 Dimension of Wellness are your strong areas and areas to develop
 - Think about the simple steps to focus on building your resilience

Instructor Closing

- Wish the learner good luck on their resilience journey.