



Transformational Resilience

Transformational Resilience Program Workshops



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**Helping Individuals &
Groups Learn, Grow, and
Flourish in the Midst of
Climate Change and Other
Adversities**



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in the Midst of Climate Change and Other Adversities**

**The Resource
Innovation
Group**



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Transformational Resilience™ Program

A grave environmental--turned mental and behavioral health--turned societal crisis is growing that few people recognize: the adverse psychosocial effects of climate change-enhanced adversities. The Resource Innovation Group (TRIG), a non-profit affiliated with the Sustainability Institute at Willamette University, has launched the Transformational Resilience™ Program (TR) to address the crisis. The TR Program includes three elements:

- ***The Leadership for Resilience™ TR Program*** helps non-profit, public, and private sector leaders recognize and enhance their natural capacities to cope with acute traumas and toxic stresses of many types, including those associated with climate change, and use those adversities as a catalyst to learn, grow, and make values-based decisions.
- ***The Pay-It-Forward™ Citizen TR Program*** teaches people that attend a Leaders Self-Care program how to teach the skills they learned to their family, friends, and work colleagues and continually expand them in the community.
- ***The Building Resilient Organizations & Communities™ TR Program*** teaches mid-and senior level executives from non-profit, public, and private organizations how to transition from trauma-organized to resilience-enhancing entities.

“This is one of the most important trainings I have participated in over the last 10 years. I will recommend this workshop highly to my friends, family, and colleagues. Thank you for introducing me to so many critical skills, tools, and habits.”

– Matt McRae, Climate and Energy Analyst, City of Eugene

TR Program Instructors

Bob Doppelt will be the host and a primary instructor for most TR workshops. Additional instructors from Trauma Resource Institute, Resilience Training International, and The Sanctuary Institute will assist with different workshops.

Bob is Executive Director of The Resource Innovation Group, a non-profit affiliated with The Sustainability Institute at Willamette University, where he is a Senior Fellow. Since 2001 he has also been an adjunct professor at the University of



Oregon. He is trained as a counseling psychologist and environmental scientist. Bob is a long time meditation teacher, is a Visiting Teacher at Spirit Rock Meditation Center, and a Mindfulness-based Stress Reduction Instructor. He has published three best-selling books on individual and organizational change: *Leading Change toward Sustainability* (2003); *the Power of Sustainable Thinking* (2008); and *From Me to We* (2012). His newest book, *Transformational Resilience: How to Use Climate Change and Related Adversities to Learn, Grow and Thrive* will be released in late 2015.

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The Leadership for Resilience™ Program

Do you often feel stressed out by the daily pressures of modern life? Do economic, social, or environmental adversities sometimes overwhelm you? Do the individuals you work with or groups you belong to often seem overly frazzled by similar issues? Would you like to learn skills to better manage your own response to difficulties in ways that lead to greater health, confidence, and effectiveness, and that help the people you work or associate with do the same? Then the Leadership for Resilience™ workshop can benefit you.

This highly interactive workshop will help leaders from public, non-profit, and private organizations learn how to use simple neuroscience-based skills to increase their capacity to cope with ongoing life and work-related as well as climate change-enhanced chronic traumas and stresses in ways that enhance both personal and collective wellbeing.

Humans are hardwired to be resilient. The Leadership for Resilience™ workshop will help people recognize and enhance their natural capacities for resilience and growth. When people know how to utilize simple resilience building skills and tools, they increase their natural capacity to weather life's storms in a calm and confident way and use adversity as an opportunity to envision and attain new possibilities.

What Type of Knowledge Will Participants Gain?

- How our bodies naturally enter a state of hyperarousal when we experience actual or perceived adversity.
- The effects of hyperarousal on individual and group perception, problem solving, behavior, and health, and their associated social outcomes.
- Skills to enhance your capacity to stay calm in the midst of stressful or traumatic situations and use adversity as a catalyst to identify and attain new options.
- How to make values-based decisions in the midst of stress and adversity.
- The personal, organizational, and community benefits of enhanced self-care and resilience.

What Type of Personal Self-Care Resilience Skills Will Participants Learn?

- Somatic (body-based) Calming Techniques: Tracking, Grounding, and Resourcing.
- Mindfulness (awareness-based) and Cognitive (thought-based) Presencing Skills: Mindful Breathing, Mindful Eating, Mindful Movement, Calm Thinking, Self-Compassion.
- Strength (innovation-based) Purposing Skills: Gratitude, Altruism, Values-Based Decision-Making, Adversity-Based Growth.

“Primary care practice is full of victims and survivors of our health care (and societal) practices. This training gives me fresh opportunities to empower patients to minimize the possibility of participating in re-traumatizing them.”

– Jacque Travis, Behavioral Health Consultant in Primary Care

Citizen Pay-It-Forward™ Program

In the Citizen Pay-It-Forward™ workshop, individuals that participated in a Leadership for Resilience™ workshop are taught how to teach the skills they learned to their family, friends, and colleagues. The goal is to continually expand TR skills throughout the community.

The first part of the workshop includes a review and practice of the skills taught during the Leadership for Resilience™ workshop. Participants are also taught the principles and practices of effective teaching methods through small group practice, problem solving sessions, and strategies for responding to unexpected reactions.

At the end of the workshop a local TR teachers support group(s) will be organized to allow participants to continue over time to improve their capacity to teach the skills to others, trouble shoot, identify target groups, and in other ways continue to expand the TR skills throughout the community.

What Type of Knowledge and Skills Will Participants Learn?

- The principles and practices of effective self-care teaching methods.
- Methods to teach others about the effects of adversity-triggered hyperarousal on individual and group perception, problem solving, behavior, and health.
- Methods for teaching somatic (body-based) calming techniques, Mindfulness (awareness-based) centering skills; Cognitive (thought-based) coping skills, and Strength (innovation-based) skills such as Adversity-based Growth.

“We learned valuable skills for grounding ourselves in stressful or adverse situations, remembering our resources, and being more mindful, all of which will increase my effectiveness and happiness.”

– Megan Kemple, Farm to School Program Director and Climate Change Activist



Building Resilient Organizations & Communities™ Program

To mitigate, prepare for, and thrive in the midst of the rising climate change-enhanced adversity, every organization and community will need a solid understanding of how chronic trauma and stress affect individuals and groups. They also need to understand how to enhance rather than undermine psychological and emotional resilience and become a Safe Haven for people.

The Building Resilient Organizations and Communities™ workshop helps organizational and community leaders understand the differences between a trauma-organized and resilience-enhancing entity. Participants then learn how to assess the status of their social systems as well as the principles and practices of systems-based change. They then develop customized change strategies to transition their group to a resilience-enhancing Safe Haven.

What Type of Knowledge Will Participants Gain?

- The definitions and comparative differences between a trauma-organized and resilience-enhancing organization or community.
- How to assess the degree to which your social system has adopted measures that can counteract the psychobiological hyperarousal that results from chronic adversity and the unconscious repetition of harmful actions that typically results.
- Key governing principles that help a group transition to a resilience-enhancing Safe Haven.
- The principles and practices of whole-systems change.
- How to develop a customized systems-change action plan to begin the transition from trauma-organized to resilience-enhancing entities.

What Type of Skills Will Participants Learn?

- Assessment mechanisms to analyze the structure and psychosocial effects of your organization or community.
- Communications skills to explain the need, goals, and processes involved with transitioning to resilience-enhancing Safe Havens.
- Systems change interventions to help your organization make the transition to a Safe Haven.

"I have learned how to see humanity and trauma stress response as life patterns. I have learned how to move towards purpose and toward choice versus leading a life of worry and fear based responding to others/events."

– Dave Strain, Social Worker, Veterans Health Administration

"Finally, a framework for applying self-care principles to climate change work."

– Mary DeMocker, freelance writer and 350.org leader

How to Participate:

Free Introductory Webinars

The best way to learn more about the Transformational Resilience™ Program is to join or view a free introductory webinar. For upcoming webinars and recordings: <http://trig-cli.webex.com> Then click on "Transformational Resilience" to see a full list of upcoming webinars and recordings. You are welcome to contact us for more information.

Workshops

The best way to learn the Transformational Resilience skills and tools to is to participate in a workshop. Learn more about and register for upcoming workshops: www.TheResourceInnovationGroup.org/tr-workshops

Customized Workshops

We welcome opportunities to collaboratively create customized workshops to meet the needs and background off your community, organization, or business. Please contact us to learn more.

Contact Us:

Email: tr@trig-cli.org | **Phone:** 541-744-7072
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"This cause is indeed transformational. It combines mindfulness training with an expanded understanding of the resilience we all have within ourselves, with a focus on how to improve our communities. Very inspiring!"

– Madelyn Antinucci, Social Worker



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