

## Reaching In, Up & Out for Resilience

**Goal:** participants able to claim the resiliency resources that are available within themselves, and to risk reaching out to others for support.

**Objectives:** by the end of the session participants will be able to:

1. Discover within their life experience, and years of government service, potential resiliency resources for use today and in the future
2. Consider ways in which resilience becomes a daily choice
3. Discuss the risks and rewards involved in reaching out to others for support

### Session at a Glance – for the leader

Time	Content	Materials
20 min.	<b>Introduction</b> <ul style="list-style-type: none"><li>• Welcome &amp; Aims</li><li>• Stretches &amp; Balancing</li></ul>	PPT Slides Projector, Screen “Life” Handout
20 min.	<b>Information</b>	PPT Slides Video hyperlinks
30 min.	<b>Implications</b>	PPT Slides Video hyperlinks Notecards, Pens
5 min.	<b>Inspiration</b>	PPT Slides Video hyperlinks

### Introduction

1. **Lead** the group in a few simple stretches and balancing activities.
2. **Distribute** “What You Bring to Life” handout and ask participants to respond to each item by entering the correct number (for them) in the right hand column of the table. Once they have completed the list, write their total number of points in the lower right hand corner. When everyone is done, ask for them to call out their total numbers.
3. **Note** that all of these points are reflections of significant life stressors, but they CAN also count as potential resiliency resources for them today and in the future. Each of these points represents part of what makes each of them who they are, their value. They can draw strength from having had these experiences. Others can draw strength from these points as well. Never short change the resilience building power of your life and government service experiences!

### Information

1. **Show** “Choices We Make in Life” (1:07 min.) [https://www.youtube.com/watch?v=WjWyNHjJ\\_90](https://www.youtube.com/watch?v=WjWyNHjJ_90)  
also **Show** “5 Steps to Climbing a Tree.” (1:06 min.) <https://www.youtube.com/watch?v=Kew9b6MDeS8>

2. **Note** that much like choosing to climb a tree, resilience requires reaching in, reaching up, and reaching out.

3. **Invite** participants to form small groups and/or pairs to share the following:

a. Reaching In: Share a personal experience of something positive you have discovered about yourself through your life and/or professional experience.

b. Reaching Up: Share a personal example of a time when you felt connected to God or a power greater than yourself.

c. Reaching Out: Share a personal example of someone or group with whom you have a mutually supportive relationship.

### Implications

1. **Show** “Famous Failures.” (1:17 min) [https://www.youtube.com/watch?v=Y6hz\\_s2XIAU](https://www.youtube.com/watch?v=Y6hz_s2XIAU)

2. **Note** that all of these famous people took a risk. They risked putting themselves out there in front of others. They made themselves vulnerable. In the same way, reaching out to build friendships and mutually supportive working relationships can make us feel vulnerable, but it is a vital aspect of resilience.

3. **Note** the importance of keeping a balanced circle of friends and colleagues in order to stay balanced and resilient. Describe the friend types listed below from Bounce: Living the Resilient Life by Robert Wicks.

a. The Prophet: a person who stretches us and challenges us to go to the scary place that we may have been avoiding, but where we may ultimately find freedom. Says Wicks, “Prophets point! They point to the fact that it doesn’t matter whether pleasure or pain is involved, the only thing that matters is that we seek to see and live ‘the truth’ because only it will set us free.”

b. The Cheerleader: a person who offers us “unabashed, enthusiastic, unconditional acceptance.”

c. The Harasser: someone to make us laugh at ourselves, to rip up our unrealistic expectations, and to “regain and maintain perspective” by way of gentle teasing.

d. The Guide: people who help us uncover the voices that are guiding us, and “especially the ones that make us hesitant, anxious, fearful, and willful.”

4. **Invite** participants to consider and make personal notes in response to the following questions:

a. How balanced is your current group of friends and colleagues?

b. How often, when and why do you reach out to others for support?

c. What kind of friend and colleague are you? How do you support those around you?

### Inspiration

\* **Show** “Kid President’s 20 Things We Should Say More Often” (3:31 min.)

<https://www.youtube.com/watch?v=m5yCOSHeYn4>

# Handout

Make multiple copies and cut along dotted lines.

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## What I Bring to Life / “Life Resilience Hunt”

CATEGORIES	POINTS
# of “permanent” moves in my life	
# of countries I’ve lived in	
# of cars I’ve owned	
# of homes I’ve owned	
# of deployments I’ve completed	
# of years in military and/or civil service	
# of significant illnesses/injuries/surgeries I’ve had	
# of educational degrees I’ve earned	
# of children I’ve helped to raise	
# of close family births and/or deaths I’ve experienced	
<b>TOTAL</b>	

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