



Reaching In, Up & Out

For Resilience

Training Aims

- ▶ For you to claim the resiliency resources available within you, and risk reaching out to others for support by...
 - ▶ Discovering personal resiliency resources for use today and in the future
 - ▶ Considering resiliency as a daily choice
 - ▶ Discussing risks and rewards of reaching in, up and out

Warm Up

*What you bring to life
CAN BE sources of
strength & resilience.*



Make the Choice



*Climb the
“Tree”*



Small Group Activity

- ▶ **Reaching In:** Share a personal experience of something positive you have discovered about yourself through your life and/or professional experience.
- ▶ **Reaching Up:** Share a personal example of a time when you felt connected to God or a power greater than yourself.
- ▶ **Reaching Out:** Share a personal example of someone or group with whom you have a mutually supportive relationship.

Take the Risk



Keep Your Balance

A balanced group of friends and colleagues keep you steady.

- ▶ The Prophet
- ▶ The Cheerleader
- ▶ The Harrasser
- ▶ The Guide

▶ From **Bounce** by Robert Wicks

Personal Reflection

- ▶ How balanced is your current group of friends and colleagues?
- ▶ How often, when and why do you reach out to others for support?
- ▶ What kind of friend and colleague are you? How do you support those around you?

20 Things

*Friends & Colleagues
should say more often*

