**Resilience 60 minute**

\*Be sure to email the date of your presentation to stream@nationwidechildrens.org\*

Introduction: This section primarily on individual strategies to promote resilience. The materials are adapted from a curriculum called Flourish, which was developed by Jenny Reese. This section will cover thinking about total well-being, work life balance, and using values to guide decisions. It is helpful to have colored pencils/markers/crayons for people to fill in the PERMAH wheel. Most offices have different colored highlighters that could be used as well.

Objectives:

1. Identify the 6 facets of the PERMAH Model of Well-being.
2. Apply the concept of well-being to your own life.
3. Integrate valued directions as a guide toward balance and meaning in the PERMAH Well-Being Model

Lesson plan:

Introduction

Total well-being

 ACTIVITY: Think of a time when you were at your best (4 minutes)

 ACTIVITY: PERMAH coloring wheel (6 minutes)

Values-based living

 ACTIVITY: What brings you joy/How do you want people to see you (4 minutes)

 ACTIVITY: Values Bullseye (7minutes)

 Wrap-up

Facilitation rubric included on next page for your reference as a reminder of best practices

Facilitation Rubric

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| --- | --- | --- |
| **Domain** | **Description** | **Comment** |
| **Safety** | * **Uses ground rules (rules of engagement slide) to create a safe space**
* **Supports engagement with the content**
* **Encourages participation in the discussion**
* **Mitigates emotional size**
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| **Facilitation** | * **Asks thought provoking questions**
* **Questions encourage interaction**
* **Manages activities so there is adequate time**
 |  |
| **Interaction** | * **Connects with participants.**
* **Listens to participants**
* **Encourages all voices to be heard**
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| **Outcomes** | * **Provides time and space for participants to plan to apply learning**
* **Encourages development of SMART goals.**
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