**Resilience 90 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. The 60-minute version covers thinking about total well-being, work life balance, mindfulness, positive psychology and using values to guide decisions. You will want to send out the flourishing ratio spreadsheet ahead of time to participants. There is a paper version on the worksheet, but you will need to allow extra time for participants to calculate their scores. 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. \*Be acquainted with scope and scientific underpinnings of mindfulness and meditation
4. \*Identify how to assess “mindfulness” for personal application
5. \*Understand role of Positive and Negative affect/emotion as normal processes within PERMAH Model of Well-Being
6. \*Practice exercises designed to cultivate positive emotion
7. 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)

Pragmatic mindfulness

 ACTIVITY: Steph Curry Video (3 minutes)

 ACTIVITY: Short mindfulness activity (5 minutes)

Positive Emotion

 ACTIVITY: Flourishing Ratio (3 minutes)

ACTIVITY: What’s energizing you right now? (4 minutes)

 ACTIVITY: Venting Discussion (5-8 minutes)

Values-based living

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

 ACTIVITY: Values Bullseye (7 minutes)

Facilitation rubric included 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**
 |  |
| **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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