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IV-7 BSEVE

REPORTER#:

Topic: Resiliency Training

**Objectives:**

At the end of the discussion,

the students are expected to:

1. Explicate the true meaning of resiliency,
2. Importance to become an effective facilitator and;
3. Develop the value of being resilient and maintain a healthy stand and apply being resilient by choosing to survive.

**Materials:**

Paper

Scotch Tape

**References:**

By the editors of Time-Life books,Tapping the Hidden Power:Journey through the mind and body. Alexandria:Virginia

The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce,  By Al Siebert,Berett-koehler publishers,Inc.

Websites:

MTCI.,Resiliency Training

<http://www.mtci.us/solutions/Pages/Resiliency-Training.aspx>

Rod Warner., Seven principles of building personal resilience: practical ways of growing through adversity

<http://buildingresilience.co.za/wp-content/images/2009/10/seven-principles-of-building-resilience.pdf>



https://www.psychologytoday.com/basics/resilience

**Activity:**

“Paper House”

1. The students will be divided into 3 groups
2. Each group will be given pieces of paper and a scotch tape
3. They have to build and create a house on the materials that is being provided and they only have three minutes to let it stay attach.

**Processing Questions:**

1. What are the strategies that you did with the activity?
2. What is the essence of the activity?
3. What do you feel when the paper is not staying together?
4. What can you do to avoid the paper to be loose on its place?
5. What are the opportunities that you think you should have done in the activity?

**Abstraction:**

*Resiliency*

Resiliency is the innate ability for people to bounce back, persevere, and overcome in the face of stress, trauma, setbacks, or daily challenges.

 The mind can address the challenges of survival situations in number of ways, analyzing the threats and opportunities,organizing a plan of action,even bring humor to bear on problems.

We live in turbulent times. Employees at all levels need to have inner strength and resourcefulness to cope with large scale organizational change, such as new priorities, major change initiatives, new technologies, mergers and downsizing. Outside of work, the same individuals have to cope with the “normal” stresses of daily life such as troubled relationships, financial pressures, security concerns, serious illness and death of loved ones.

*Building Resilience Principles:*

1. CONNECT TO YOUR PURPOSE AND MEANING IN LIFE

*A strong sense of purpose and meaning is the bedrock from which coping, healing and renewal after adversity is made possible.*

1. USE YOUR UNIQUE STRENGTHS

*Realistic self insight into one’s own character strengths and vulnerabilities is the basis for understanding one’s*

*capabilities and limits when dealing with adversity.*

1. MAINTAIN PERSPECTIVE

*A person described this ruminating negative thought pattern to be: “like in a washing machine … going round and round … then pausing …. and then going round and round*

*again; on and on”.*

1. GENERATE POSITIVE FEELINGS

*Adversity typically involves strong negative emotions which have the potential to hijack rational thought and so reduce resilience.*

1. BE REALISTICALLY OPTIMISTIC

*This positive attitude should be realistic however, as being over optimistic or not having the optimism based in reality usually results in unrealistic expectations and ultimately disappointment when they are not fulfilled.*

1. PERSEVERE BY BEING OPEN MINDED AND FLEXIBLE

*Resilience in dealing with adversity requires open-mindedness and a flexible problem solving approach, allowing for listening, consideration of differing views and being open to a change of tactics or even strategy.*

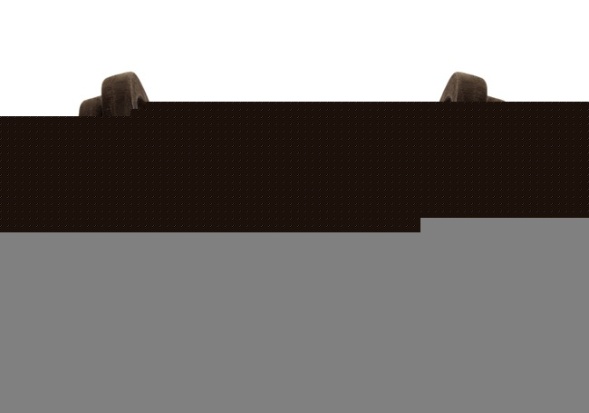
1. REACH OUT TO OTHERS

“*Other people matter*”

*Graphic Organizer*

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