

# The Resiliency Training Program™

A Training of Trainers with Nan Henderson, M.S.W.

OCT. 6 & 7, 2008 Los Angeles, CA

OFFERING 12 C.E.U. credits for social workers and counselors



To prepare educators, social workers, counselors, and all helping professionals to teach others "How to Move from Risk to Resiliency"

- Two days (8:30 - 4:00) including practice, critique, activities, resource previews
- A 120-page Training Manual with presentation outlines; 20 Overhead Originals; Handout Originals to copy; & Resiliency Articles to copy use for training
- A computer disk with the Overhead/Handout Originals

Your trainer, **Nan Henderson, M.S.W.**, is the co-founder and president of Resiliency In Action, a publishing and training company in Southern California. Her publications on resiliency and wellness, positive youth development, and school and organizational change are used in more than 25 countries and have been translated into Spanish and Russian. She has provided training in 43 U.S. states and several foreign countries over the past 14 years for a wide variety of audiences and organizations, including Big Brothers/Big Sisters, Upward Bound, Americorps, State Departments of Education in California, Vermont, Colorado, Texas, and New Hampshire, the Ministry of Education in New Zealand, and several Canadian school districts and organizations. She has served on the faculty of five colleges/universities; worked as a clinical therapist with youth, adults, and families; and directed citywide and statewide prevention and resiliency programs. She is the author of five books on resiliency, numerous articles, and an on-line newsletter distributed worldwide. She has also been featured as a "resiliency expert" on National Public Radio's Talk of the Nation.

## Training Content

1. The research on resiliency: **Where does it come from?** How does resiliency happen?
2. Practical, **specific ways to help children, youth, families & organizations** overcome all adversities
3. The NEW research **connecting resiliency and academic achievement!**
4. How to effectively **identify & teach resiliency**
5. Successful resiliency-building **programs in schools, communities & organizations**

## Comments about this training...

"Absolutely Wonderful...I want it for my district! It pulls together all the new information on assets and resiliency into one comprehensive whole."

—Brenda Holben, SDFSC Coordinator, Cherry Creek (CO) Schools

"I came anticipating increasing my effectiveness as a professional and left more effective as a human being."

—Xenia Becher, Central NY Council on Adolescent Pregnancy Prevention

"Fabulous..." —Will Bartlett, School Counselor, Auburn, ME

"Weeks later, people are still talking about it!"

—Sue Mahoney, VT Dept. of Education

"[Your trainings] should be packed. Teachers-- and all educators—should come by the busloads...to learn what to do for everything that ails our kids."

—Laurel Schmidt, Director of Pupil Services,  
practice." Santa Monica, CA schools  
Harrisburg, PA

"United people in our state in a way that has never happened before."

—Mary VanderWall, CO Dept. of Education

"Brilliant...in all definitions of the word."

—Marcia Heinrichs, Middle School Prevention Specialist, San Diego, CA

If you need tools and materials, this training will do it!" —Jobbethem Tahpary, Upward Bound Director, University of San Diego

"It will change your perspective on life!"

—Arlene McGill, M.D., Jamaica Dept. of Health

"The best training I have ever attended."

—Christine Fix, AIDS Prevention, New York State

"The most positive, practical trainings I have attended in 24 years of professional

—Mark Beseinger, LCSW,

# The Resiliency Training Program

offers 12 units of CEUs for MFT counselors and social workers!

This training can also come to you...

Organizations that have contracted this training include:

Colorado Dept. of Education                      OCM Boces, Syracuse, NY                      Parkway School District (St. Louis, MO)  
Tucson, AZ Community Action Task Force                      Vermont Dept. of Education                      Cherry Creek School District (Denver, CO)  
State of Texas Safe and Drug-Free Schools Initiative                      Nebraska Association of Prevention Professionals  
Suffolk Coalition (Long Island, NY)                      Ohio Network for Training and Assistance for Schools and Communities  
New Zealand National Federation of Children's Health Camps                      Calgary (Canada) Regional Educational Consortium

## OTHER PRESENTATIONS/TRAININGS/CONSULTATION AVAILABLE

From Nan Henderson, M.S.W. (800-440-5171 or e-mail: [nhenderson@resiliency.com](mailto:nhenderson@resiliency.com))

- Four Steps to Resiliency: How to Help Anyone—including Yourself—Bounce Back from Adversity
- How Families, Schools, and Communities CAN Build "Bounce-Back" Kids
- Resiliency in Schools: Making It Happen for Students and Educators
- The New Research-Based Resiliency Connection to Academic Achievement & Authentic Self-Esteem

## TRAINING REGISTRATION INFORMATION

### Tuition

- Resiliency Training Program: \$495 for individuals; Groups of three or more received in same envelope, \$460 per person.
- **EARLY REGISTRATION ADVISED...SPACE IS LIMITED**

### Training Location

- The training will be at the Courtyard by Marriott, El Segundo, CA—1.5 miles south of LAX, with free shuttle transportation to and from the airport. This location is close to fabulous California beaches, and restaurants are within walking distance.

### Accommodations

- Dozens of hotels are located at LAX, within 1 – 5 miles of the training location. Go on-line to Travelocity.com or Expedia.com and search for the best deals at LAX hotels for these dates.  
**The Courtyard (training location) is offering a special training rate as well: \$179 per night, single or double.** These rooms must be reserved by September 5 to get this special rate. Call the hotel at 310-322-0700 and ask for the special room rate for the Oct. 6 & 7, 2008 Resiliency training.

*Materials and snacks are included. Lunch is on your own. CLASS MEETS 8:30 A.M.- 4:15 P.M and offers 6 CEUs PER DAY.*

## REGISTER TODAY (space is limited)

**Fax this form to:** (805) 640-6495 or  
**Mail this form to:** Resiliency In Action, P.O. Box 1433  
Ojai, CA 93024

For more information, e-mail [nhenderson@resiliency.com](mailto:nhenderson@resiliency.com)  
or call (800) 440-5171

**(Please copy this form and fill it out for each person attending the training)**

NAME \_\_\_\_\_ TITLE \_\_\_\_\_ PHONE \_\_\_\_\_  
ORGANIZATION \_\_\_\_\_ E-MAIL \_\_\_\_\_  
ADDRESS \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

I AM REGISTERING FOR THE RESILIENCY TRAINING PROGRAM TRAINING OF TRAINERS AS

- ( ) An individual
- ( ) A group member (two other registrations are included with mine)

**Payment is due before or at the time of the training**

[Tuition is refundable up to 10 days before the training, less a \$50 processing fee. No refunds thereafter; however, tuition may be transferred.]

A  Check  P.O. is enclosed for \_\_\_\_\_ (payable to Resiliency In Action)

Charge my  Mastercard  Visa : Number \_\_\_\_\_ expires \_\_\_\_\_

Signature \_\_\_\_\_

Billing Address for card: (Street or P.O. Box) \_\_\_\_\_  
(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

**This training is sponsored by Resiliency In Action...for additional resources go to [www.resiliency.com](http://www.resiliency.com)**