



## Resilience Champion™ Course Guide

### COURSE OVERVIEW

Welcome to the *Resilience Champion™ Certificate* program. This six-week course is designed for individuals who want to apply the concepts from our *Basics* class to their own unique setting. The course utilizes a combination of didactic, interactive, and experiential learning processes to support you on your path to building more resilient organizations and communities. By the end of this course, you will walk away with concrete next steps to begin the process of integrating a trauma-informed and resilience-building approach into your setting.

### ABOUT ORIGINS

Origins is a training and consulting agency focused on supporting leaders in their journey to build more resilient organizations and communities through the integration of a trauma-informed approach. We provide training to executives, management and supervisors, direct service professionals and para-professionals, caregivers, and community members across sectors aimed at shifting the narrative of how we understand health and behavior.

### INSTRUCTORS

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### CONTENT

All course content will be accessible through the Kajabi platform and will be available on Mondays by 9am PT. Each session will consist of:

- **Video:** Each section will have a video that contains information related to that week's particular topic. The first section has two videos, including an introductory video.
- **Activity:** The activity is designed for you to apply the information from the videos into your own unique setting.
- **Discussion post:** The discussion post is designed to help you synthesize and share your learnings from the activity. We hope that this cohort of Resilience Champions provides a community for all of you to learn from one another.
- **Additional resources:** A list of additional resources is provided for anyone interested in a deeper dive on that week's topic.
- **Feedback:** Each week we will give you a brief survey to share your feedback on what's working well and what could be improved in the course.



Please note that to be eligible for the certificate, you must complete the discussion posts for 5 out of the 6 weeks and those posts must include weeks 1 and 6. The course will remain open for three months after your course begins.

## COURSE OUTLINE

Date	Description
<b>Session 1</b>	<b><i>What is a Resilience Champion?</i></b> In this section, you will explore what it means to be a Resilience Champion and the role of leadership and teamwork in promoting sustainable change. As part of this, you will define your setting and your team for this course.
<b>Session 2</b>	<b><i>Exploring Your Why</i></b> In this section, we will invite you to take a step back and explore “why you do what you do” and your overall vision for integrating this approach into your setting.
<b>Session 3</b>	<b><i>Developing Your Culture:</i></b> In this section, you will explore the role of culture in sustaining a trauma-informed approach. As part of this, you will define the values that will help promote a resilience-building culture in your setting.
<b>Session 4</b>	<b><i>Assessing Your Setting:</i></b> In this section, you will use a systematic approach to assess your setting. As part of this, you will examine different domains of your setting, such as leadership capacity, policies and procedures, and physical environment.
<b>Session 5</b>	<b><i>Defining Your Goals:</i></b> In this section, you will build off the findings of your assessment to define concrete goals for integrating this approach into your setting. As part of this, you will use a strengths-based approach to identify resources that can support you in your process.
<b>Session 6</b>	<b><i>Focusing on an Action Plan:</i></b> In this section, you will focus on translating your goals into a concrete action plan. To support this goal, you will walk through a process designed to brainstorm and execute potential solutions

### Facilitated Discussion

At the end of the course, you have the opportunity to participate in a live facilitated discussion. This discussion is designed to provide you with an opportunity to synthesize your learnings, share ideas, ask questions, and deepen connections with other course participants. Login instructions will be sent to participants. This discussion is offered on the last Tuesday of the month in the month after your cohort begins from 10-11 PST. (For example, if your cohort starts the second Monday in January, the discussion for your cohort will be on the last Tuesday of February.)



If this time does not work for your schedule and you are interested in participating, please email us to find an alternative time.