



Week 1: What is a Resilience Champion?

Key Takeaways:

- The focus for the first three sections of the course is on building a strong foundation so you can sustain your approach over time. For those of you who are ready to dive into implementation, don't worry--we promise we will get there!
- We all wear many hats in the various settings of our personal and professional lives. We all have influence in each of those roles, whether at the individual, organizational, systems, or community level.
- At Origins, we define a resilience champion as someone who is using a trauma-informed and resilience-building approach to lead change. Change can happen in a variety of settings—a healthcare clinic, a school, a government agency, your community group, even your own home.
- As said by Brené Brown “Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.” A leader can be CEO or an executive director, but it certainly does not have to be.
- Teamwork is critical for integrating this approach. You can not do this alone.
- Remember the idea of “nothing about us without us.” How will you ensure that the voice of the clients you are serving is incorporated into the services you design?

Activity: Work through the following questions either individually or as part of your Resilience Champion team. (Use may use the worksheets as a tool to support the activity.)

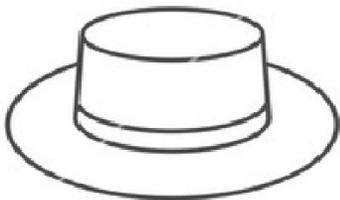
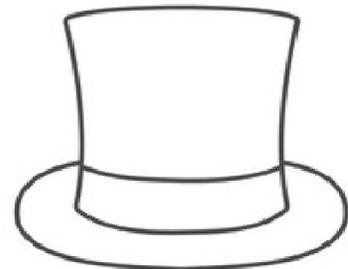
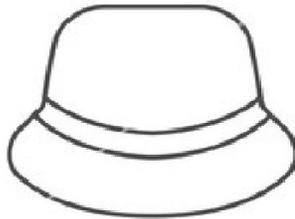
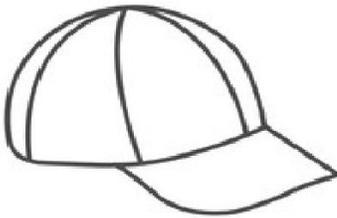
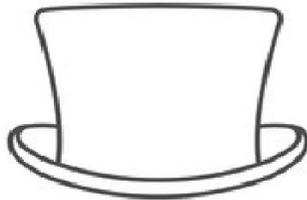
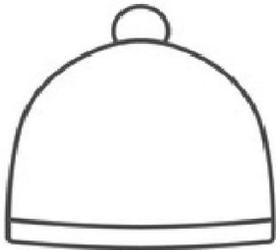
- 1. Choose a hat:** Think about the different roles you play within the various settings of your professional and professional life. What are some of those hats (ie. parent, employee, coach, etc)? Which hat are you going to choose to focus on in the Resilience Champion course?
- 2. Identify your team:** As you create your team, consider structural inequities that may influence the make-up of who has a seat at the table and whose table it is. Remember the inequities discussed in the Social & Historical Trauma section in *The Basics* and how they can influence the power structure of your setting. This is about more than just inclusivity; it's about redesigning our systems and structures.

Discussion post: Post your answer to these questions on the discussion section:

- Briefly introduce yourself and your team
- Which hat are you wearing for this course?

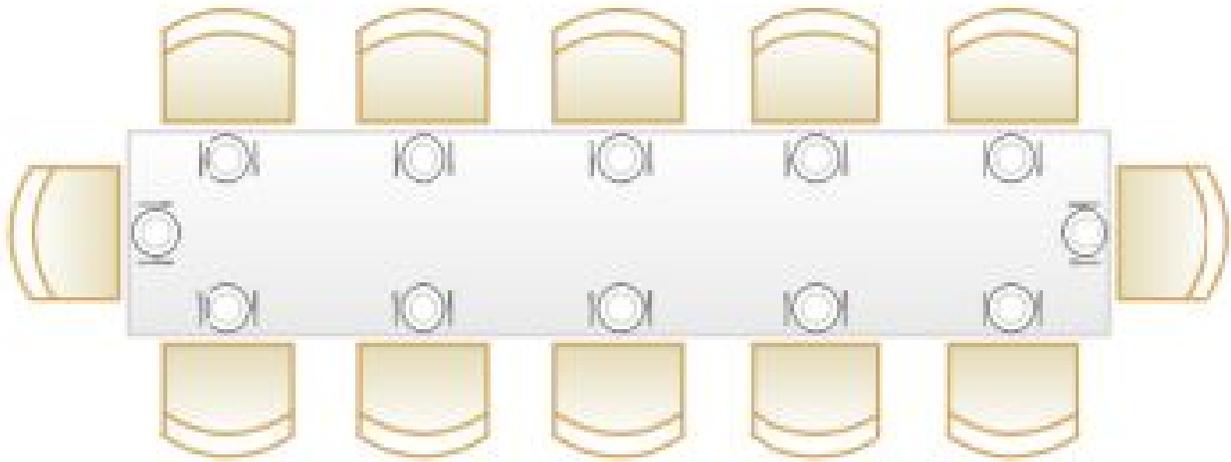
Worksheet 1- Choose a Hat

Think about the different roles you play within the various settings of your professional and professional life (ie. parent, employee, coach, etc). Label the hats with the different titles. Which hat are you going to choose to focus on in the Resilience Champion course?



Worksheet 2- Identify your team

As you create the team, consider who already has a seat at the table and who might be missing. If you have chosen your role as a teacher, your team is going to look different than if you have chosen your role as a parent. Be sure that you are including as many departments as possible as well as any consumers (patients/clients/students/parents). It may also be appropriate to consider if there is a role for community partners.



| <u>Role</u> | <u>Identified Person 1</u> | <u>Identified Person 2</u> |
|------------------------------|----------------------------|----------------------------|
| Team Lead: | _____ | _____ |
| Executive Leadership: | _____ | _____ |
| Direct Service: | _____ | _____ |
| Consumer: | _____ | _____ |
| _____ : | _____ | _____ |
| _____ : | _____ | _____ |
| _____ : | _____ | _____ |
| _____ : | _____ | _____ |