

# Foundations of Resilience

*This Wellbeing Program is typically offered in 60-minute sessions, once weekly for a six week duration.*

## PROGRAM OVERVIEW

A combination of theory, experiential practices, and practical applications, this course provides individuals with essential material for thriving in today's volatile and uncertain times.

The community we build together over six weeks fosters a deeper sense of connection, growth in communication, and greater compassion, in service of wellbeing. Together we enhance wellbeing, reduce stress, and foster resilience. Content includes:

- A range of experiential practices based on research and theory behind mindfulness as a key to working with stress and uncertainty
- Experiential mindfulness practices to connect mind-body and reduce stress, based on research and theory behind stress
- Presentation of research and theory behind why stress is the dragon of modern times— and how we can vanquish it by working with emotions
- Support from real-world examples, daily practices, applications, and tools
- Somatic Strategies for immediate use in crisis, and Resilience Boosters to build your resilience power over the long term

Week 1 - Welcome. Intro to the stress response and how the mind works, reflection/goal setting. Defining Resilience.

Week 2 - The neurobiology of emotions. Identifying your tendencies and habits. Watching and paying attention to your own patterns.

Week 3 - Embodying Resilience. Somatic Strategies & Resilience Boosters. journaling, acts of service, human connection, re-appraisal, biophilia, etc.

Week 4 - Resilient Teams in the Workplace. Deeper practices and insights for adapting these strategies in shared professional contexts.

Week 5 - Honing a trajectory for your own success. Personal commitments, developing your goals and plan.

Week 6 - Integration — Exploring Resilience Plans for the next 30-day, 90-day, 6 month periods.

## IMPACT & OUTCOMES

- Free yourself from ineffective strategies you've been using to cope
- Increased awareness of specific life areas where attention is needed
- Practicing mindfulness daily – finally!
- Direct application of course concepts and strategies in your work/life
- Growing self-trust
- Confident use of embodied strategies for emotional self-regulation
- Support from the 'go-to' somatic strategies and resilience boosters that you know work well for you
- Guidance from your own personally-crafted plan to raise your resilience in the life domains that matter to you

## ADDITIONAL INFORMATION

Visit [www.experienceyol.com](http://www.experienceyol.com) and contact us [here](#) for more information.