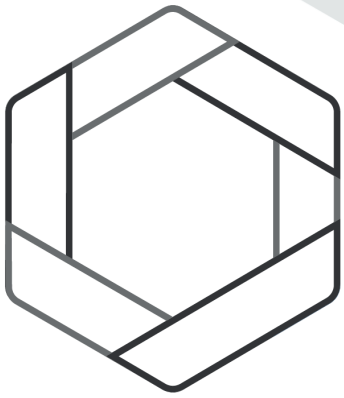
HOST TOOLKIT

RADICALLY TRANSFORM HOW YOU RESPOND
TO SETBACKS, CHALLENGE AND TRANSITION



THE RESILIENT ADULT

SIX STEPS TO BEND WITHOUT BREAKING

THE ULTIMATE GUIDE TO HOSTING THE COURSE

THIS TOOLKIT INCLUDES:

- ✔ GROUP HOST INFORMATION
- ✔ PROGRAM OVERVIEW
- ✔ PLANNING CHECKLIST
- ✔ SOCIAL MEDIA PROMOTION
- ✔ EVENT FLYER
- ✔ FAQ'S, AND MORE!

CHRISTIAN FAMILY SOLUTIONS

ChristianFamilySolutions.org

THE RESILIENCE PROJECT
BY CHRISTIAN FAMILY SOLUTIONS

ADULT HOST TOOLKIT

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CHRISTIAN FAMILY SOLUTIONS

THE RESILIENCE PROJECT
BY CHRISTIAN FAMILY SOLUTIONS

HOST NOTES

EVENT DETAILS

LOCATION: _____

_____

DATES: _____

_____

TIMES: _____

GROUP LEADERS: _____

_____

_____

CONTACT INFO: _____

_____

_____

ADDITIONAL INFORMATION: _____

_____

_____

EMERGENCY MENTAL HEALTH RESOURCES:

_____

_____

CHRISTIAN FAMILY SOLUTIONS

PROGRAM OVERVIEW

HOST NOTES

HOW TO CONTACT US

The Resilience Project exists as a ministry to help you as you help others. Feel free to contact us with questions, problems and success stories.

Phone: 800-438-1772

Email: presentations@wlcfs.org

Website: ChristianFamilySolutions.org

THE RESILIENCE PROJECT
BY CHRISTIAN FAMILY SOLUTIONS

PROGRAM OVERVIEW

HOST NOTES

ABOUT THE RESILIENCE PROJECT

MISSION

Empower congregations to embrace mental wellness education as a ministry.

VISION

This program is based on Philippians 4:4-9: "Rejoice in the *Lord always, I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, that transcends all understanding, will guard your hearts and minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is right, whatever is pure, whatever is lovely, whatever is admirable–if anything is excellent or praiseworthy–think about such things. Whatever you have learned or received or heard from me, or seen in me–put into practice. And the God of peace will be with you."*

This program will seek to share the game changing grace of God through the teaching of practical resilience skills.

PURPOSE

To equip God's people to speak his grace and peace to individuals using a system of tools and strategies that are simple to understand and implement, while exposing them to a compassionate community within a congregation for pastoral care and access to medical support when necessary.

WHY INVOLVE THE CHURCH?

This idea is born out of several experiences and encounters where it appears that the world is primed for mental wellness considerations. The church can offer the only solid reply to many of those concerns. Resilience activities and practices are the way to begin those discussions in practical, approachable, and applicable ways to all people. The church as a whole also has the need for member ministries, and these concepts are teachable for those with a heart to deliver love and education.

COURSE OUTLINE

There are an enormous number of challenges that can occur in life from seemingly tiny to soul-crushingly overwhelming. The Resilience Project system is designed to provide a specific set of steps to follow to put into perspective those things that seem unmanageable. Through six one-hour sessions, participants will learn and practice skills and benefit from the ideas of others in their quest to be more resilient and "bounce back" in difficulty.

THE RESILIENCE PROJECT
BY CHRISTIAN FAMILY SOLUTIONS

PROGRAM OVERVIEW

HOST NOTES

THE W'S OF THE RESILIENCE PROJECT

WHY THE RESILIENCE PROJECT?

Perhaps the greatest mission fields in the United States are those whose hearts and minds are hurting. (People are concerned about mental wellness and scared of mental illness now more than ever). The Resilience Project provides an unparalleled opportunity to reach these people for the following reasons:

- When people are hurt, they are open to help. The church could be the first place people go – or at least a place. (The current options available are insufficient: time, cost, access, walk it off, have more faith).
- It provides a systematic way to help people with their emotional lives. (We do not have systems for our emotional selves. Brushing your teeth is not a systems problem; it is an execution problem).
- It opens the door for the gospel to be shared. (Grace is the game-changer. The people of God are to be as Jesus was…accepting, hopeful, loving, compassionate).

HOW IT WORKS

The Resilience Project is divided into six modules- each with a primary skill associated with resilience that can be learned and practiced. All individuals can benefit from the skill; the delivery and content can be customized. For example, it may work best for your ministry to offer this exclusively to your church community as a six-hour workshop with lunch and place greater emphasis on God's promises. You may be a ministry looking to add some practical attainable skills to your confirmation classes. You may know that there is a mental wellness interest and/or vacuum of care in your community, and you have people who would be willing to deliver the program in an ongoing fashion in your facility. Many options are available. Be sure to assess the needs of your ministry and understand the resources you have at your disposal.

PROGRAM OVERVIEW

HOST NOTES

FREQUENTLY ASKED QUESTIONS

WHAT IS THE PARTICIPANT'S EXPERIENCE LIKE?

Each of the six modules is designed to give participants a preview of a situation where the particular skill might be useful. The group leader will be responsible for reviewing information, providing details about the skill, and walking each person through a worksheet. Each module will end with a reflection on the skill and a homework prompt. In the following session, the leader will review the materials and ask for feedback from the group on the previous module. The same process will then begin with a new skill.

WILL PARTICIPANTS HAVE TO TALK DURING THE GROUP?

The decision to share is at the discretion of the individual. While participants are encouraged to contribute, it is not required. This is not a support group, so sharing personal information is not part of the format. The leader will work to make each person feel welcome and ask for feedback. Participants may want to consider contributing to discussion at some point for their benefit, as well as for others who might gain from this insight.

CAN THIS PROGRAM BE EXPANDED BEYOND THE CONGREGATION FOR OUTREACH?

Yes! Everyone is welcome. All people can benefit from the skills taught in this program.

PROGRAM OVERVIEW

HOST NOTES

PROGRAM MODULES

THE PARTICIPANT'S EXPERIENCE

The Resilience Project is designed to specifically move participants through a series of steps to identify, solve, survive, and overcome obstacles in their lives. The following are the basic building blocks of each module:

MODULE 1: RESILIENCE
Resilience is the idea that individuals can be built up in such a way that they will "bounce back" from difficulty.Those with higher resilience would recover better than those with lower resilience. There are many views of this concept, but the overall common theme include some basic elements, the particular viewpoint of the individual, and some protective factors instilled through learning. Resilience is not inherited – it is grown. No matter how resilient you may feel today, you can and will improve when pay attention and make a plan!

MODULE 2: CRISIS SURVIVAL
Sometimes there are moments in life that cannot be corrected–they are just difficult. The best one can hope for is to get through them with grace and avoid more damage. Being able to know when to do that and how to accomplish it is crucial. Use the right tool for the right problem. If you determine you are experiencing a crisis – don't panic. Learn how to survive.

MODULE 3: REALITY ACCEPTANCE
There are times when something enters our lives and becomes a permanent problem. Some difficulties need to be fully and totally accepted. Reality acceptance is the way to lower pain and suffering. There is freedom, release, and peace knowing that everything in your life is meant to be there.

MODULE 4: MINDFULNESS
Mindfulness will be studied through six specific skills that help individuals delve into the world around them in the most honest and complete way. This type of mindfulness is helpful in dealing with reality and eliminating additional items that might confound the thoughts or complicate the emotions. Mindfulness is difficult but everyone can work at it.

PROGRAM OVERVIEW

HOST NOTES

MODULE 5: EMOTION REGULATION
This is the skill of determining how to interact with emotions as they come. While it might seem that our emotions are controlling how we behave, emotion regulation is the way to set it up so that there is always a choice. Emotions can be very powerful things. In order to get this skill to work, we have to keep at it and reverse the emotional circle to be more in control.

MODULE 6: THOUGHT DISTORTIONS
Thought distortions are particular ways of thinking in which people often become stuck, but which are actually untruthful. Living this way can be very difficult for them and others. Learning to catch these distortions and rephrase them can have an enormous positive impact on the situations and outcomes.

GETTING STARTED

HOST NOTES

PLANNING CHECKLIST

ELEMENTS OF CURRICULUM DESIGN:

- [ ] Choose a group leader
- [ ] Determine the dates and times
- [ ] Choose a location
- [ ] Create a process for registration
- [ ] Determine the deadline for registration
- [ ] Promote the classes in your bulletin
- [ ] Promote the classes in your newsletter
- [ ] Create an event page on your website (if applicable)
- [ ] Create an event page on Facebook (if applicable)
- [ ] Post flyers in common areas
- [ ] Share with community members (if applicable)

ADDITIONAL NOTES:

SOCIAL MEDIA MESSAGING

Below are five message themes, paired with graphics, making social media posting a snap. Graphics are included as jpg files within the Host Toolkit download zip package.

Make_Your_Comeback_social_post_940x728.jpg

MAKE YOUR COMEBACK

You have been there.You have been thrown a curve-ball. You have been knocked to your knees. Maybe you're still there. Maybe you are on your knees, wondering how you can rise. Maybe you want to make a comeback, but you are unsure where to start. Join us for The Resilience Project–a six week, faith-fueled, resilience system training class. Learn skills to become resilient so you can make your comeback.

Rise_Again_social_post_940x728.jpg

RISE AGAIN

"The greatest accomplishment is not in never falling, but in rising again after you fall."-Vince Lombardi. Learn how you can rise after you fall with The Resilience Project, a faith-fueled resilience training course! This six-week class will teach you the skills you need to increase your resilience and successfully rise.

The_Problem_social_post_940x728.jpg

THE PROBLEM

Failing to brush your teeth is not a system problem – it's an execution problem," a wise pastor once said. We have systems we've learned to deal with teeth brushing and it just requires follow through. Failing to bounce back from difficulty IS a system problem AND an execution problem. We need to learn and execute a system for better mental resilience. Join us for The Resilience Project–a six week, faith-fueled, resilience system training class. Learn the skills and execute the system to see yourself as resilient.

Biblical_Resiliency_social_post_940x728.jpg

BIBLICAL RESILIENCY

"In this world you will have trouble. But take heart! I have overcome the world,"-John 16:33. Learn more about God's promises and the resilience system he has provided through his word with The Resilience Project, a six-week training course designed to help you overcome challenges. Through these faith-fueled classes, you will practice skills to manage life's difficulties and build your resiliency!

Be_Prepared_social_post_940x728.jpg

BE PREPARED

Life will challenge you. Be prepared when it does. Join us for The Resilience Project – a six week, faith-fueled, resilience system training class. Through this course, you will learn strategies and build skills to help you cope and recover from times of crisis.

PUBLICATION MESSAGING

Below are three pre-set blurbs for publications to promote your event.

BUILD RESILIENCE & GROW YOUR FAITH!
We know that we will experience trouble while we are here on earth. Our sinful world is filled with painful challenges, and they can be difficult to overcome. We also know that our loving God has promised to be with us as we go through these trials and tribulations.

Learn more about God's promises through The Resilience Project–a six week, faith-fueled, resilience system training class. Through this course, you will be given the tools to build your resilience and grow your faith!

Classes will begin (insert date) and will be held every (insert day) in the (insert location). You can learn more about The Resilience Project by contacting (insert name) at (insert contact information).

ARE YOU RESILIENT?
Have you ever wondered how some people recover from crisis so well?
Do you wish you could do the same?

Well, you can with The Resilience Project! This six-week, faith-fueled, resilience system training class will give you the resources to build your resilience. Each week, you will learn a new skill to help you overcome challenges and grow in your faith!

The course will begin on (insert date), with classes being held every (insert day) in the (insert location). You can learn more about The Resilience Project by contacting (insert name) at (insert contact information).

LEARN TO BE RESILIENT!
Resilience is a skill that is learned –not one that is inherited.

Learn how you can build resilience and overcome challenges with The Resilience Project! This six-week, faith-fueled course will provide you with strategies to increase your resilience and strengthen your faith. By the end of the course, who will have the skills you need to overcome any challenge!

The Resilience Project will begin on (insert date), with classes being held every (insert day) in the (insert location). Contact (insert name) at (insert contact information). to learn more!

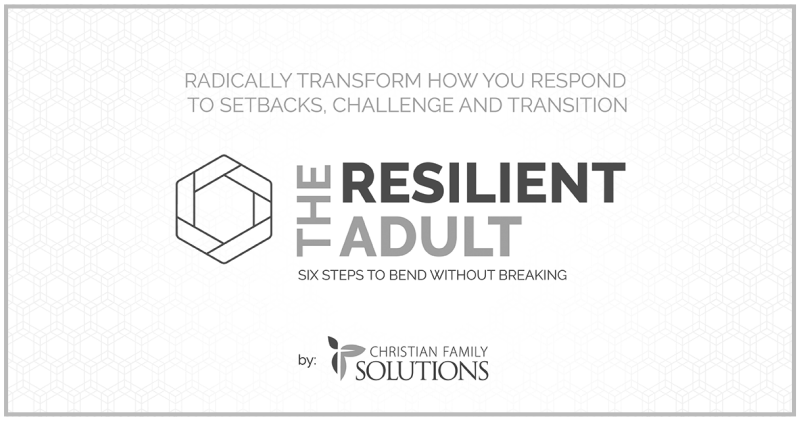
SOCIAL MEDIA TOOLS

HOST NOTES

FACEBOOK EVENT COVER IMAGE

Creating a Facebook Event for The Resilience Project event is a great way to help promote and remind people through Facebook.

Use The Resilience Project Facebook Event image, already sized for Facebook. The graphics is included as a jpg file within the Host Toolkit download zip package.



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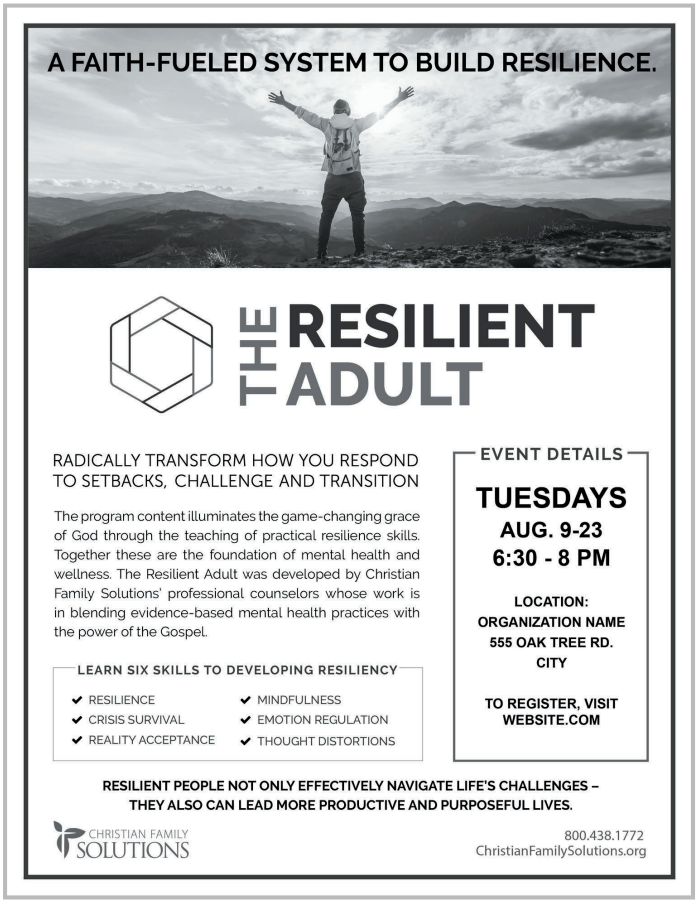
PRINT TOOLS

HOST NOTES

EVENT FLYER TEMPLATE

The Resilience Project Toolkit also includes a promotional event flyer template that allows your team to add in your specific event details. The event flyer template is available in either an editable PDF or a Word document. Use whichever file format is easier]st for your team to use. Print as many flyers as you need and use them as either mini-posters or handouts to promote your event.



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THE RESILIENCE PROJECT

BY CHRISTIAN FAMILY SOLUTIONS

Thank you for investing your time in this ministry. The Resilience Project strives to meet the mental wellness needs of your community by teaching a system of resilience. We use our gifts and talents as Christians in service to others in the name of our gracious God, and we pray that The Resilience Program helps you do the same . Blessings on your work!

CHRISTIAN FAMILY SOLUTIONS

Learn more at
ChristianFamilySolutions.org

File name: shared/Christian Family Counseling/Educational Programs/The Resilience Project/TRP_Adult_Materials/TRP_Adult_Host Toolkit_12.2024.pdf