


The image shows the interior of a large, historic library. The architecture features a series of high, arched vaults supported by tall, dark wooden columns. On either side of the central aisle, there are tall, ornate bookshelves filled with books. The lighting is warm, highlighting the wood and the vastness of the space. In the background, a small, brightly lit area with a wooden door and two arched alcoves serves as a focal point.

*We Have a  
Tradition & History  
of Learning*

**LIBRARY**





**International Pre-Diabetes Center**

**A Professional Training Center**

**Virtual Training Sessions**





# RESILIENCE

## TRAINING



# Exercise In Resilience


- ❖ Take the **Resilience Questionnaire** at baseline: before training
- ❖ Then repeat the Questionnaire post Intervention: after training
- ❖ Compare your Resilience Score: before and after the training
- ❖ Check for changes In your score?
- ❖ Do you feel that you could learn more by repeating the training?

KNOW.....

YOURSELF....







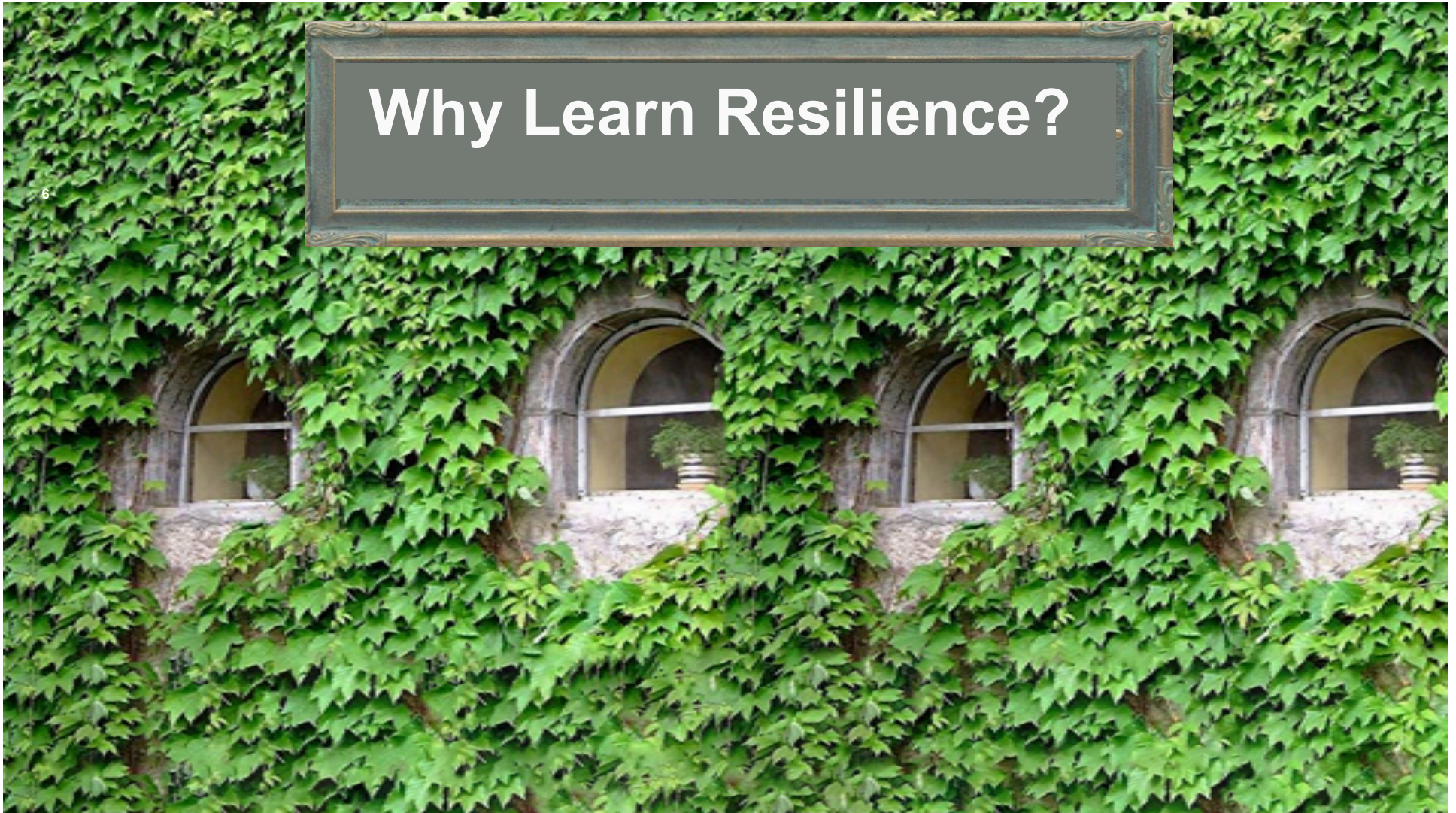
# RESILIENCE

## TRAINING SESSION: 0

### What Is Resilience?



# Why Learn Resilience?







## **Learn Resilience!**

- Although life may not get any easier
- We can certainly **Become Stronger and More Resilient**





# What Is Resilience?



**Resilience is:**

- ❖ **The Ability To Bend Without Breaking**
- ❖ **During Extreme Conditions**



# Why Is Resilience Important?



By:

- ❖ **Controlling How You Think:**
- ❖ You Can Overcome Immediate, Significant, Obstacles, Challenges, & Barriers



**Learning is  
Ageless**





# LEARNING OBJECTIVES

- ❖ To learn and acquire the necessary skills, to better understand yourself:
- ❖ Such that you can become the truest, most effective, and best version of yourself







**Practice**



# FORMAT

- ❖ We recommend that you take the Resilience Questionnaire and score yourself prior to starting the course:

[Click this Link to the Questionnaire](#)

- ❖ Then use your score to guide your pace and determine the order in which you complete the Training Sections



# What Is Your Resiliency Score?

**RESILIENCE**





# Resiliency: 9 Core Content





# RESILIENCE: TRAINING MODULES

1. [ ] Optimism
2. [ ] Self Belief
3. [ ] Control Of Self
4. [ ] Willingness To Adapt
5. [ ] Willingness To Be Flexible
6. [ ] Ability To Solve Problems
7. [ ] Emotional Awareness
8. [ ] Social Support
9. [ ] Sense Of Humor





# RESILIENCE

## TRAINING SESSION: 1

### Optimism



## OPTIMISM:

- ❖ Is a Mental Attitude
- ❖ Characterized by Hope And Confidence

## OPTIMISTS:

- ❖ Are those who expect good things to happen
- ❖ View hardship as a Learning Experience
- ❖ Feel that even good things can come from negative events





# Practice Optimism

- ❑ Become Mindful
- ❑ Mindfulness is a focus on being in the Present, the Here and Now
- ❑ Practice Gratitude
- ❑ Gratitude is an Appreciation for what is important in your life
- ❑ Reflect on what you are grateful for
- ❑ Challenge your Negative Self-Talk








# RESILIENCE

## TRAINING SESSION: 2

### Self Belief





Believe In  
Yourself

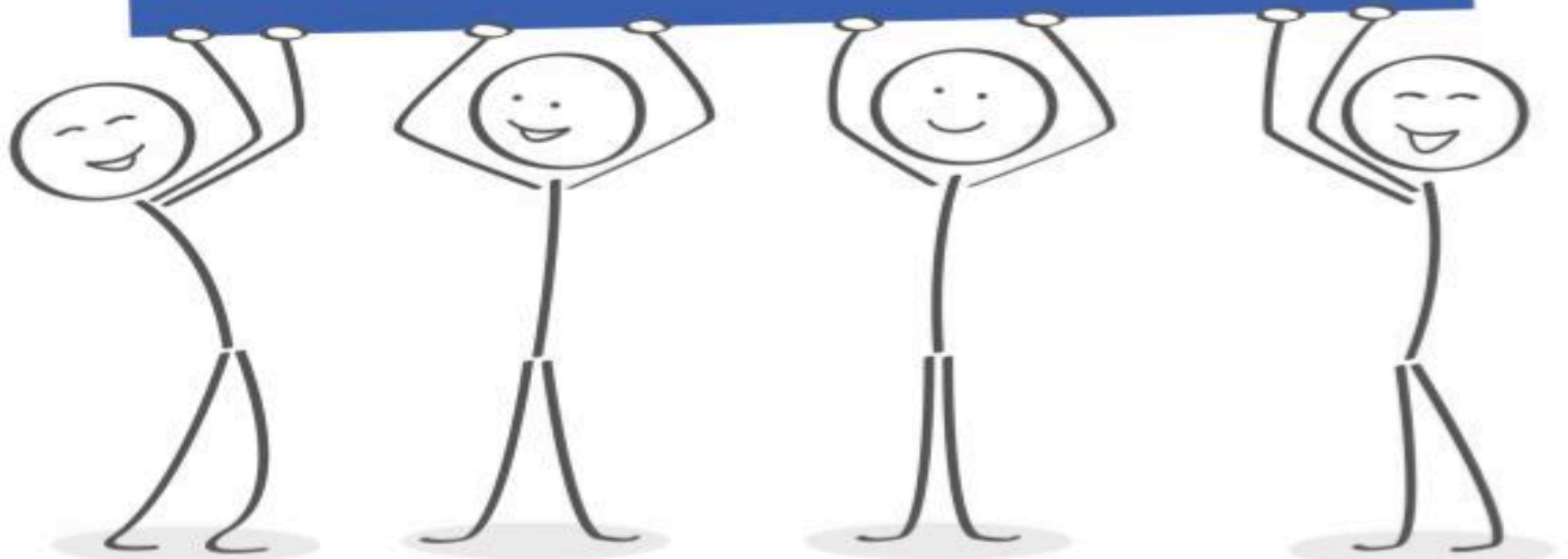


# What is Self Belief?





~~IM~~POSSIBLE



Stay FOCUSED: On Your POSSIBILITIES



A vibrant tropical beach scene. In the foreground, a large, powerful wave is crashing, creating a massive spray of white water. The ocean is a deep, clear blue. In the background, a lush green island with several palm trees is visible on the left. Further back, a range of green mountains or hills stretches across the horizon under a bright blue sky with a few white clouds. The sun is shining brightly, creating a lens flare effect. Overlaid on the center of the image is a quote in a green, italicized font.

***I have the freedom to  
Love And Approve of  
Myself***



A silhouette of a person with their arms raised in a gesture of triumph or prayer, set against a vibrant sunset sky with orange and yellow hues. The person is positioned on the left side of the frame, with their arms extending towards the right.

# Practice Daily Self Affirmations

**Build  
Confidence  
Believe In  
Yourself**



# Daily Affirmations

- ❖ I control my thoughts and how I feel about myself
- ❖ I have the freedom to love & approve of myself
- ❖ I am capable of what I am willing to work for
- ❖ I have the power to grow myself into becoming the best version of myself
- ❖ I cultivate my qualities & develop my abilities to achieve success that is specific and unique to me.
- ❖ I only compete with myself to grow myself into becoming the best and truest version of myself






# RESILIENCE

## TRAINING SESSION: 3

### Control of Self



A silhouette of a person walking on a beach at sunset. The sun is low on the horizon, creating a bright orange glow that reflects on the wet sand. The person's reflection is visible in the water. The sky is filled with soft, wispy clouds.

**Control of Self**  
Is to Control Your Thoughts





Control Your Thoughts Requires You To Be Mindful



A photograph of a dark body of water at night, reflecting vibrant, out-of-focus lights in vertical streaks of yellow, orange, red, blue, and green. The reflections are distorted by ripples on the water's surface.

Mindfulness is to be present in the moment  
To be grateful for all the good things in your life



# CONTROL OF SELF

A photograph of a stack of smooth, light-colored stones. In the center of the stack is a wooden sign with four horizontal planks. Each plank has a word in black, bold, sans-serif capital letters. The words are 'DECIDE', 'COMMIT', 'FOCUS', and 'SUCCEED' from top to bottom. The background is a blurred natural scene with green foliage and a body of water.

DECIDE  
COMMIT  
FOCUS  
SUCCEED

- ❖ Primary Control of Self: is to **take action**, change a difficult situation to make your life less stressful
- ❖ Secondary Control of Self: is to **change how you think**, about a situation to decrease your stress





# RESILIENCE

## TRAINING SESSION: 4

### Willingness to Adapt



Being Adaptable Means Being Coachable





HOW  
**COACHABLE**  
ARE YOU?



On a scale of 1 to 10:  
How Coachable Are You?





**Does Being Coachable Matter ?**



# Being Coachable Matters!



## How We Behave:

- ❖ Can influence the behaviors of others;
- ❖ Can either optimize or subtract from our efforts

## Coachable People:

Are passionate about their: Goals, Development, and Success



# Are You Coachable?



Check your  
Attitude







# BEING A CHAMPION STARTS WITH BEING COACHABLE

BY ERIC HECHTMAN

SportsEd<sup>TV</sup>

## ❖ PRACTICE:

Work on choosing how to respond



## WHAT IS YOUR MINDSET?



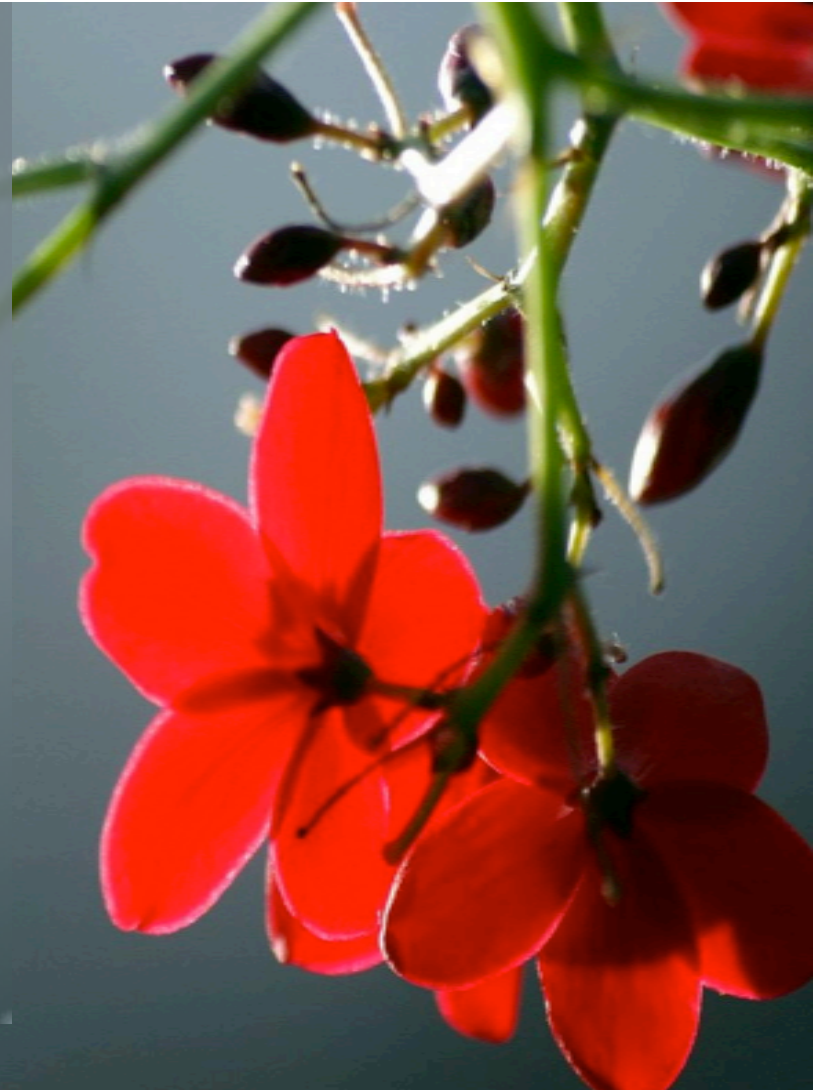
- ❖ Being Coached might feel like this
- ❖ It may require you to be humble



# SUMMARY:

## Coachable

- ❖ Being coachable means being **receptive to honest feed-back**
- ❖ **Seek feedback**
- ❖ Feed-back requires **trust**
- ❖ Feed-back can lead to **personal growth**






# Benefits Of Coaching

- ❖ Gains in Leadership is a natural byproduct of being coachable
- ❖ With a coachable mindset we are open to constructive feed-back
- ❖ A commitment to honest self-reflection can open doors to unlock our potential





# RESILIENCE

## TRAINING SESSION: 5


### Willingness To Be Flexible



# Willingness To Be Flexible

- ❖ Accept that change is a part of life  
Certain goals or ideas may no longer be practical
- ❖ Accepting circumstances that cannot be changed
- ❖ Will facilitate your efforts to align and focus on the circumstances that you can alter
- ❖ Maintain a hopeful outlook
- ❖ Visualize what you want instead of what you fear





# RESILIENCE

## TRAINING SESSION: 6


### Ability To Solve Problems



# Ability To Solve Problems

- ❖ Move towards your goals
- ❖ Develop realistic goals and do something regularly to move you closer towards your goals
- ❖ **Ask:** “What one thing” I know I can accomplish today, that will support me to move in the direction that I want to go
- ❖ Taking initiative will remind you that you can muster motivation and purpose
- ❖ If a problem seems too big to tackle; break it down into manageable pieces





Sign Up  
818-714-2022

Work with IPDC SCSEP  
To Support Your Community

IPDC 4 DM2

## PROBLEM SOLVING

- ❖ There are numerous Levels to Problem Solving:
- ❖ Individual and Community Levels
- ❖ Take Part in Community Initiatives such as Transportation and Housing
- ❖ Provide Community Support



# PROBLEM SOLVING




**Hard Work: Plus  
Assess, Plan, Get Support, Success...**

“We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty”

– Maya Angelou



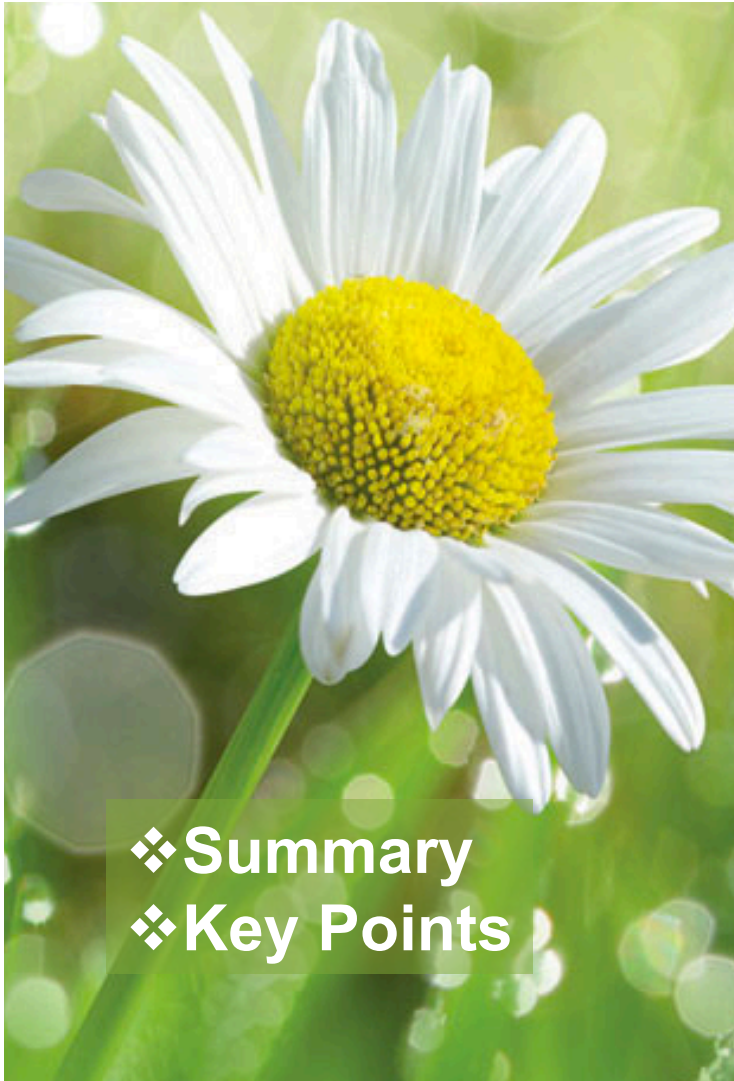
The background of the slide is a close-up, high-resolution image of a wood grain. The colors range from light tan to deep, dark brown, with prominent vertical lines and knots. A white rectangular border with a thin double-line effect frames the central text.

# RESILIENCE

TRAINING SESSION: 7

## Emotional Awareness





- ❖ **Summary**
- ❖ **Key Points**

# Emotional Awareness

- ❖ Throughout a given day, you will experience an array of emotions
  - ❖ The way in which you experience, process, and manage your emotions: is your Emotional Awareness
  - ❖ How you manage your Emotions reflects your Coping Skills
- .



# EMOTIONAL AWARENESS

- ❖ You can practice Self-Reflection to better understand your Emotions
- ❖ Watch the Training Video on Coping: to improve your Coping Skills







# EMOTIONAL AWARENESS

[Use This Link To Watch The Training Video On Coping](#)




The background of the slide is a close-up, high-resolution image of a wood grain. The wood has a warm, reddish-brown hue with prominent, wavy vertical grain patterns and some darker, more textured areas. Overlaid on this background is a white-bordered rectangular box. Inside this box, the text is centered and reads:

# RESILIENCE

## TRAINING SESSION: 8

### Social Support





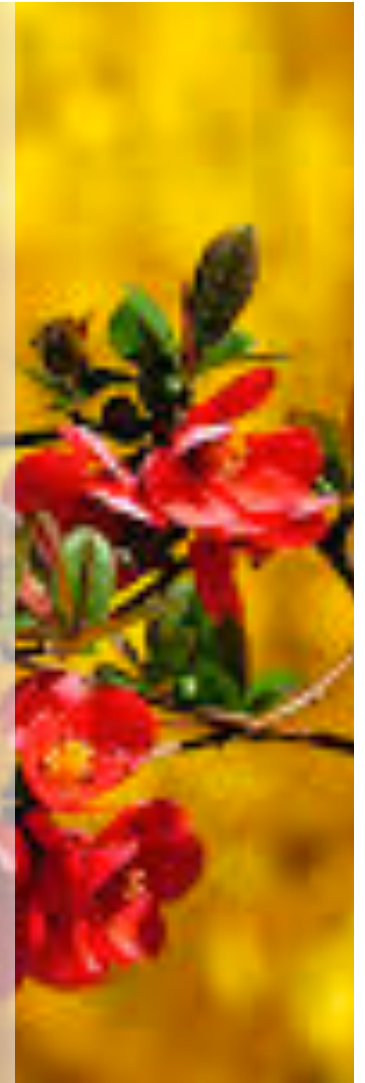
# Social Support

- ❖ Connecting with people with empathy can remind you that you are not alone
- ❖ It is important to accept support from those who care about you.
- ❖ Develop a sense of purpose, connect with others in your community or peer support



# Social Support

- ❖ Can provide important benefits to our physical and emotional health
- ❖ Social Support is important for our mental health
- ❖ People with Social Support: report lower levels of depression, and loneliness
- ❖ Connect and Outreach for Social Support







# Social Support


- ❖ Is the physical and emotional comfort given to you by your family, friends, co-workers and others.
- ❖ It's knowing that you are part of a group of people who love, value, and care for your wellbeing





COMMUNITY ENGAGEMENT  
AND  
SOCIAL SUPPORT





# RESILIENCE

## TRAINING SESSION: 9

### Sense of Humor



You Look  
Amazing!  
My Glasses  
Look Better On  
You!

optician

**A Sense Of Humor**







- ❖ “When you grow up: I want you to have a Sense of Humor”
- ❖ Silence is Golden unless you have kids, then silence is Suspicious.





❖ **Summary**  
❖ **Key Points**

# Sense Of Humor

- ❖ It is important to have a sense of humor
- ❖ Science says that the more you laugh, the better you remember
- ❖ Make sure to **understand the difference** between laughing at yourself and putting yourself down
- ❖ Looking for the funny side in negative events, is connected to mental well being