

“Resilitator” Certification Program

Step One: Preliminary Work

- A. To be admitted to The Resiliency Center's facilitator certification program, applicants must
- read *The Resiliency Advantage*, by Al Siebert, and complete most of the learning activities at the end of each chapter.

It is highly recommended that applicants:

- read *The Survivor Personality*, by Al Siebert
- listen to and complete the activities from *Resiliency: The Power to Bounce Back Personal Learning Course* (audio CD set with workbook)
- view the video of Dr. Siebert's keynote workshop, “Resiliency: The Key to Surviving and Thriving”
(Materials can be purchased at www.PracticalPsychologyPress.com.)

- B. Applicants must provide evidence that they:

1. can verbalize their understanding of human resiliency,
2. are resilient themselves, by providing one or two personal examples, and
3. are skilled at coaching and/or leading personal/professional growth workshops.

- C. The steps for accomplishing the requirements include that applicants write their answers to the following questions:

1. What does “resiliency” mean to you? Do you believe resiliency can be learned? Why are resiliency strengths important in today's world?
2. In what ways do you identify with resiliency? In what ways is being resilient an important aspect of your self-concept?
3. Describe the worst difficulty you've been through, explain how you got through it, and describe how it has affected you.
4. Take the resiliency self-assessment “How Resilient Are You?” and write comments about the items and your scores.
5. What personal development activities in *The Resiliency Advantage* were most meaningful to you?
6. Describe several of your most rewarding experiences as a workshop leader and/or personal coach. What are your reliable strengths as a personal coach or workshop leader? How do you explain why the phrase “resiliency facilitator” is used instead of “resiliency trainer”?
7. Why do you want to be certified as a resiliency facilitator? Write about how this learning opportunity fits with your values, life purposes, and professional goals.

www.ResiliencyCenter.com
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- D. Send your answers and evidence of the above to us at The Resiliency Center. There is no charge other than for materials for any activities up to this point.

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certify@resiliencycenter.com
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Step Two: Acceptance of Application

If your application is accepted, you will be contacted and asked to pay a certification fee of \$1500, including materials. (If you have purchased any materials on your own, we will reduce the fee accordingly.) After the fee is received, we will have a personal phone call to discuss your application, goals, and the next steps.

Step Three: Demonstration of Principles

- A. Most optimal is to arrange for Glen Fahs, PhD, our lead facilitator and certifier, to hold a workshop that you attend as a participant. A pre-workshop meeting will be held to discuss issues and principles related to facilitating resiliency. After the workshop we will discuss your reactions, questions, and observations.

NOTE: If attending a workshop with Dr. Fahs is not feasible, we can conduct the certification process by telephone, webcam and/or email. The enrolled applicant will be required to watch the “Resiliency: the Key to Surviving and Thriving” video of Dr. Al Siebert conducting a workshop, and will be sent a DVD of his television interviews. After viewing the videos, your reactions, questions, and observations will be discussed during a telephone or webcam call.

- B. Applicants will then arrange for and conduct their own resiliency workshop. Written evaluations must be collected. A video or audio recording of the workshop would also be helpful. Copies of the class evaluations will be given to Dr. Fahs and used during a private discussion of how well the class went. Depending on the evaluations, and how well the applicant demonstrates mastery at facilitating resiliency, the applicant may or may not be asked to arrange for and conduct a second resiliency workshop.

Step Four: Completion

- A. Each program graduate will receive original copies of copyrighted resiliency workshop handouts and a basic PowerPoint file. Copies of the resiliency booklet and/or *The Resiliency Advantage* can be purchased for workshop use at a deep discount.
- B. The Resiliency Center will issue a personalized “Resiliency Facilitator Certificate.”
- C. Each resiliency facilitator will be invited to join the Resiliency Center Facilitator network.