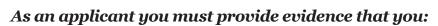
# **Resiliency Facilitator Certification Program** Requirements



www.ResiliencyCenter.com





This program is designed to be completed within a 10-month

- can effectively verbalize an understanding of human resiliency
- are resilient yourself, by providing personal examples
- are skilled at leading personal/professional growth workshops

#### **Process:**

time frame.

## A. Submit an application:

• Available at: http://ResiliencyCenter.com/resiliency-facilitator-certification/ or download the PDF directly.

Your application will be reviewed and if accepted, a mentor/evaluator will be assigned to you.

## B. Gain familiarity with materials:

- Read *The Resiliency Advantage*, by Al Siebert, and complete the learning activities at the end of each chapter
- Read *The Survivor Personality*, by Al Siebert, and complete the learning activities in the accompanying manual.
- Listen to "Resiliency: The Power to Bounce Back" Personal Learning Course (audio CD set with workbook)
- View "Resiliency, the Key to Surviving and Thriving" (DVD, Al Siebert PhD)

# C. Write responses to the following:

- 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 described how it has affected you.
- 4. Take the resiliency self-assessment "How Resilient are You?" (at ResiliencyQuiz.com). Write comments about how the items affected 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. What are your reliable strengths as a workshop leader?
- 7. How do you explain why the phrase "resiliency facilitator" is used instead of "resiliency trainer"?
- 8. Why do you want to be certified as a resiliency facilitator? Write about how this learning opportunity fits with your values, life purpose, and professional goals.

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#### D. Demonstrate principles:

1. Preferably, arrange for either Glen Fahs, PhD, or Michelle Atlas to hold a workshop that you attend as a participant. A pre-workshop meeting will be held related to facilitating resiliency. After the workshop you will discuss your experience and evaluations with your mentor.

**Note**: If attending a workshop with Glen or Michelle is not feasible, we can conduct the certification process by telephone, webcam and/or email. You 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.

- 2. You and your and your mentor will have up to 10 hours of one-on-one coaching/mentoring available to use at your mutual discretion.
- 3. Finally, you will arrange to conduct your own resiliency workshop. (We have suggestions about how you can do this.) Written evaluations must be collected. If possible, a video or audio recording of the workshop may be submitted. You will provide copies of class evaluations to your evaluator to be used during private discussion regarding how well the class went. Depending upon the evaluations, and how well you demonstrate mastery of facilitating resiliency, you may or may not be asked to arrange and conduct another resiliency workshop.

#### E. Completion:

Once the above items are completed satisfactorily, program graduates will:

- receive original copies of copyrighted resiliency workshop handouts and a basic PowerPoint file,
- receive a personalized "ASRC Resiliency Facilitator Certificate," and
- be invited to join the ASRC Resiliency Center "Resilitator" network.

# All-Inclusive Program Investment:

 $3,750 \sim$  Includes all materials and one-on-one mentoring

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#### **About our Mentor-Evaluators:**

Glen Fahs, PhD, is a trainer and consultant in adult education and organization development. He has led departments in the public and private sectors and trained thousands of managers who want to improve productivity and rise to the next level. Glen is the primary facilitator for the international Al Siebert Resiliency Center. Glen provides Training and Organization Development services for Cascade Employers Association, which serves nearly 500 organizations annually. Dr. Fahs has taught for 12 colleges and universities in the fields of management, speech communication, human resources, and education.

Michelle Atlas, founder of Trust Change, is an ICF Credentialed Coach, a Newfield Certified Coach, a Certified Resiliency Facilitator and a Sacred Money Archetypes Certified Coach, with over 25 years of experience helping people successfully navigate change and stand in their value. With a thriving transformational coaching practice and leadership clients, including the Food & Drug Administration and the US Office of Personnel Management, she is recognized for her ability to help people strengthen their innate resilience, so they can create rich, meaningful, fully expressed lives and workplaces. www.trust-change.com