

# Resilience Can Be Taught! Tools to Motivate & Engage Students!

March 10th, 2021

Facilitator: Katie Mendell, LMSW

Guest Speaker: Christian Moore, LCSW

1pm – 3pm

1:00PM	Welcome, Introductions
1:15PM	Resilience CAN be taught: here's how!
2:00PM	What are the 4 Types of Resilience?
2:30PM	Tools & Resources
2:50PM	Q&A
3:00PM	Closing

## Learning Objectives

Objective #1	Participants will learn how resilience can be taught.
Objective #2	Participants will learn about and assess the 4 sources of resilience.
Objective #3	Participants will explore and reflect on the tools and resources that can support teaching resilience.
Objective #4	Participants will learn about the relationship factor within resilience.