



RESILIENCE BUILDERS™

# PRODUCT MENU & SERVICES

2023



Since 2016, Resilience Builders has provided consultation services to community providers and communities around the region. Our services include providing information and skills for everyone so that they can be healthy and grow after adversity, with a focus on trauma informed and resilience best practices.

Resilience Builders empowers every individual with the knowledge to pursue the transformational journey to a resilient lifestyle.

## **INFORM. INSPIRE. TRANSFORM.**

Resilience Builders  
312 SW Greenwich Drive, Suite 116  
Lee's Summit, MO 64082

(816) 438 6570  
nick@resiliencebuild.org  
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# Trainings & Presentations

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## **BUILDING RESILIENCE WITH A TRAUMA INFORMED LENS**

### **Changing the Lens: Trauma and Resilience**

*Join the movement with this training designed to teach and ground individuals around defining trauma, biological impact of trauma, and an introduction to resilience.*

### **Changing the Lens: In Practice**

*Go from learning to doing. Begin implementing through application, discussion, and planning of trauma informed and resilience practices.*

### **Resilience**

*By empowering the individual we create a catalyst to build healthier communities. Participants will gain insight to grow their own resilience with information and practices.*

## **RESILIENCE AND COMPASSIONATE LIVING**

### **Living with Compassion: Understanding Stress**

*Learn to heal by gathering insights about how to cope when our bodies respond to stories of trauma, extreme adversity, and prolonged exposure to stress.*

### **Living with Compassion: Giving Ourselves Grace**

*In order to take care of others, we must first*

*take care of ourselves. Learn to transform your way of thinking by building positive self-talk, using affirmations, and learning to give ourselves grace with self-compassion.*

### **Living with Compassion: Taking Action**

*Healthy people inspire healthy living. Tools and practices are offered that encourage a healthy, resilient lifestyle for you and others.*

### **Resilience +**

*Resilience+ builds on the foundations of our earlier Resilience training. We guide participants to strengthen their 'resilience muscles', in order to sustain the long-term goal of a living healthy and resilient lives.*

### **Compassion for Champions**

*This community presentation offers an overview of practices from A to Z.*

## **CONSTRUCTING A RESILIENCE CULTURE**

The following topics are offered as multi-session series that begin an organization's transformation process of building an environment where working professionals matter.

### **Trauma Informed Organization**

*Creating a trauma informed environment starts with reviewing an organization's practices and policies. This series provides the framework to*

*transform an organization to foster a healthy working environment.*

### **The Intersection of Trauma & Equity, Diversity, and Inclusion**

*This series explores how the adverse experiences of communities, historical trauma, and systemic oppression impact a person's experience in the workforce. We offer insight in changing processes that reflect an equitable, and healing culture.*

### **Trauma Informed Supervision**

*Leaders are a critical component of having a productive, efficient, and empowering work culture. This series makes the connection of how important supervision is to building and establishing the culture of the organization.*

### **Compassionate Communication**

*Teaches leaders to communicate with compassion through difficult conversations, helping build strong and authentic relationships within the organization. This training helps inform leaders on moving from empathy to compassion in their way of communicating.*



# Additional Services

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TRAUMA INFORMED CULTURE ASSESSMENT

## **TRAUMA INFORMED CULTURE ASSESSMENT**

The Trauma Informed Culture Assessment (TICA) is a unique online assessment that measures safety, trust, choice, collaboration, and empowerment experienced by the work force. We utilize an organization's results from the TICA to build an effective action plan, monitor progress, and build a sustainable, healthy work place.

## **LEARNING COLLABORATIVES**

Resilience Builders facilitates gatherings between organizations or teams doing similar work and create opportunity for sharing, learning, and brainstorming towards a collective effort in becoming a trauma-informed and resilient community. Learning collaboratives can be held in person or virtually.

## **TRAIN THE TRAINER**

As a follow up to any of our trainings and consultations, we train trainers within your organization to sustain development even after we've set your progress in motion.

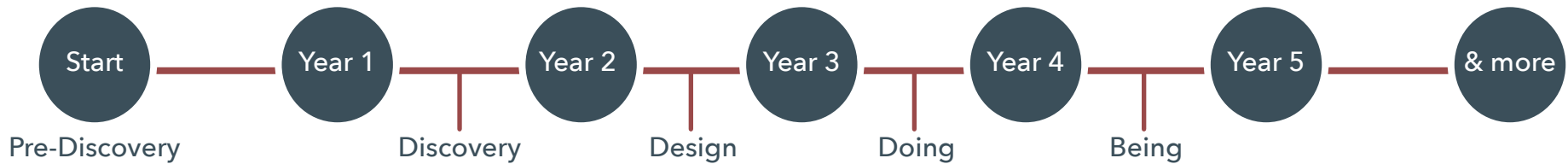
## **SPECIAL SPEAKING ENGAGEMENTS**

Resilience Builders has been honored to be invited to numerous keynote or large audience presentations in the midwest. Our team is dedicated to getting our areas of expertise available to anybody of interest.



# Consultations

## 3-5 YEAR TRAUMA AND RESILIENCE CONSULTATION MAP



### 01 PRE-DISCOVERY

#### Pre-Discovery/Pre-Plan

- Identify point of contact
- Discuss the "Why?"
- Establish initial goal planning

### 02 DISCOVERY

#### Initial Analysis and Assessment

- Individual Interviews
- Focus Groups
- Trauma Informed Culture Assessment (TICA)
- Policy Review
- Site Visit & Observations
- Relationship Building

### 03 DESIGN

#### Action & Strategic Planning

- Develop action plan
- Review Policy Changes
- Leadership & Supervision Development
- Team Building
- Training

### 04 DOING

#### Execution of Plans & Analysis

- Trainings
- Evaluation of Measures
- Evaluation of Practices
- Trauma Informed Culture Assessment (TICA)
- Evaluation of Action & Strategic Plan
- Develop Committee(s) and Champion(s)

### 05 BEING

#### Transitioning and Sustaining

- Train the Trainer(s)
- Progress and Outcome Celebrations
- Collaboration and Advocacy
- Sharing
- Trauma Informed Culture Assessment (TICA)
- Ongoing Support



# Theory of Change Model

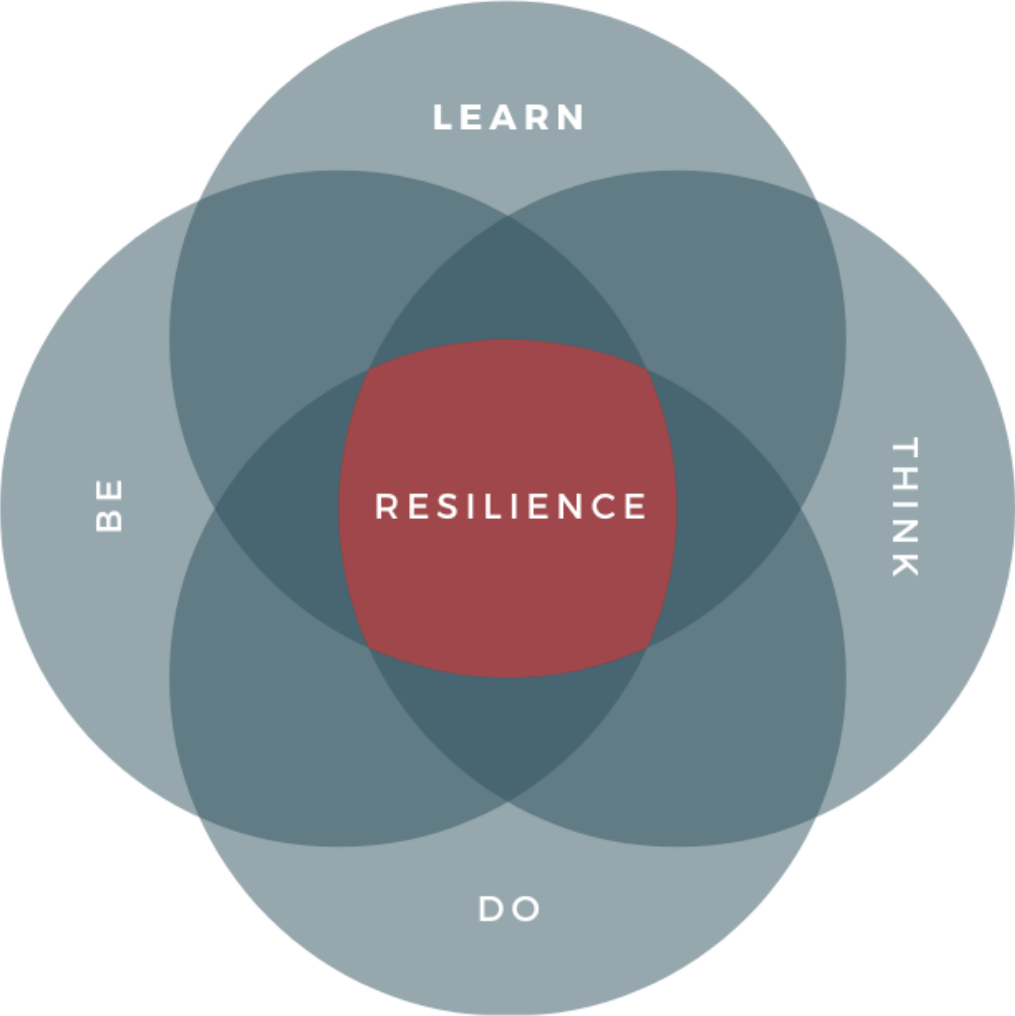
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## THEORY OF CHANGE IN BUILDING RESILIENCE

Resilience Builders believes that individuals work through change from learning, thinking, doing, and being.



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