

CHW RESOURCE CENTER



Self-Help Training Modules

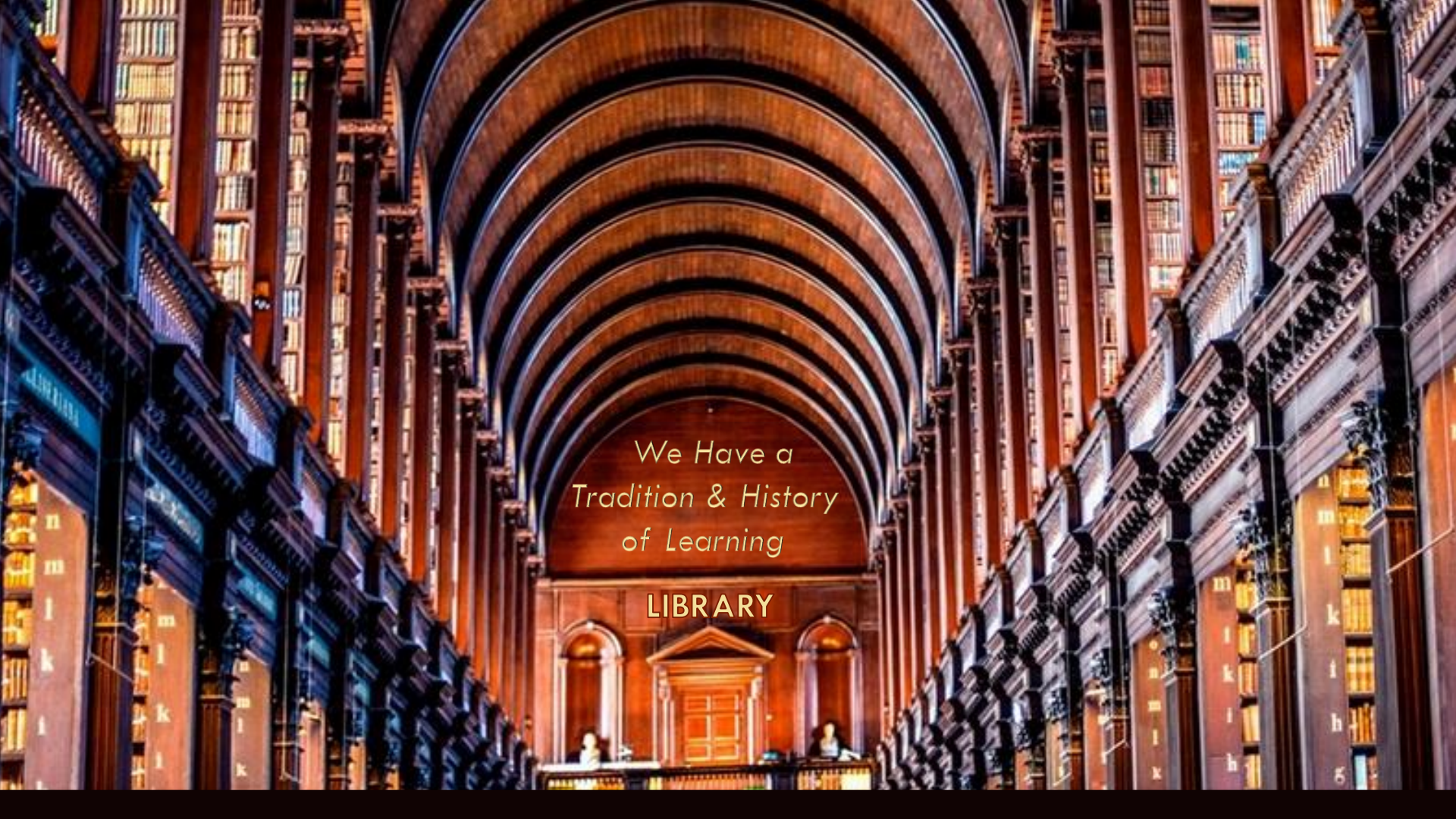
**Community Health Worker
Training**

CHW RESOURCE CENTER



Resilience

**Community Health Worker
Self-Help Training**

A photograph of a grand, vaulted library interior. The space is characterized by a series of high, arched ceilings supported by a network of dark wooden beams. On either side, tall, dark wood bookshelves are filled with books, extending to the top of the vaults. The lighting is warm and focused, highlighting the architectural details and the texture of the wood. In the center of the image, there is a small, ornate wooden structure, possibly a reading desk or a service counter, with a person visible behind it. The overall atmosphere is one of historical grandeur and intellectual pursuit.

*We Have a
Tradition & History
of Learning*

LIBRARY

INTERNATIONAL PRE-DIABETES CENTER INC.

PROFESSIONAL TRAINING CENTER

VIRTUAL TRAINING SESSIONS



RESILIENCE

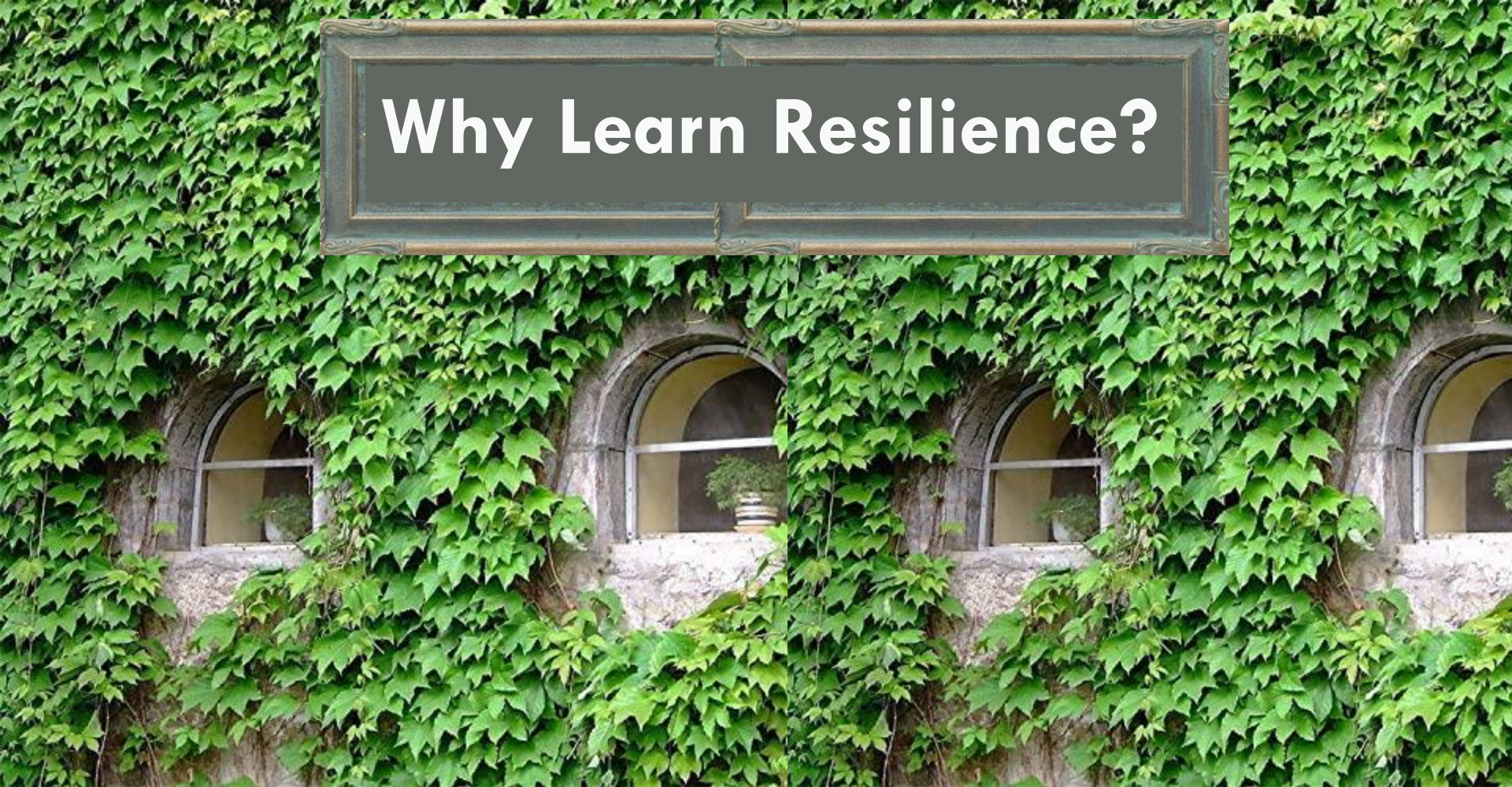
TRAINING

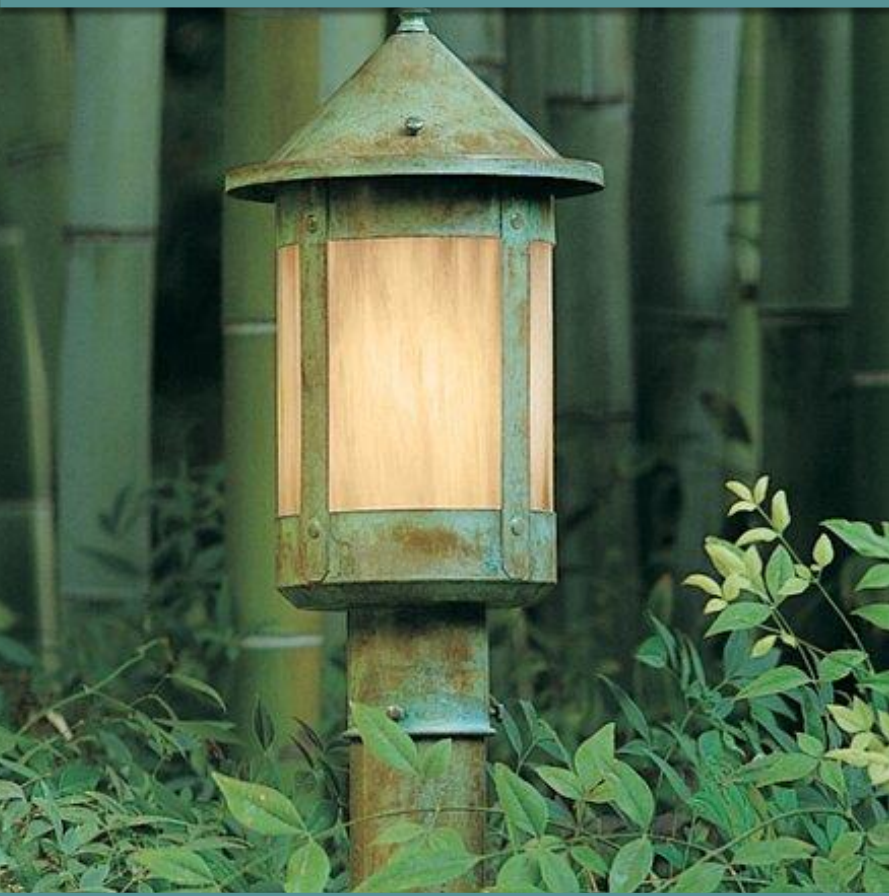
RESILIENCE

TRAINING SESSION: 0

WHAT IS RESILIENCE?

Why Learn Resilience?





- Although Life May Not Get Any Easier
- We Can 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 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?



Resiliency: 9 Core Content Sections



RESILIENCE: SKILLS 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

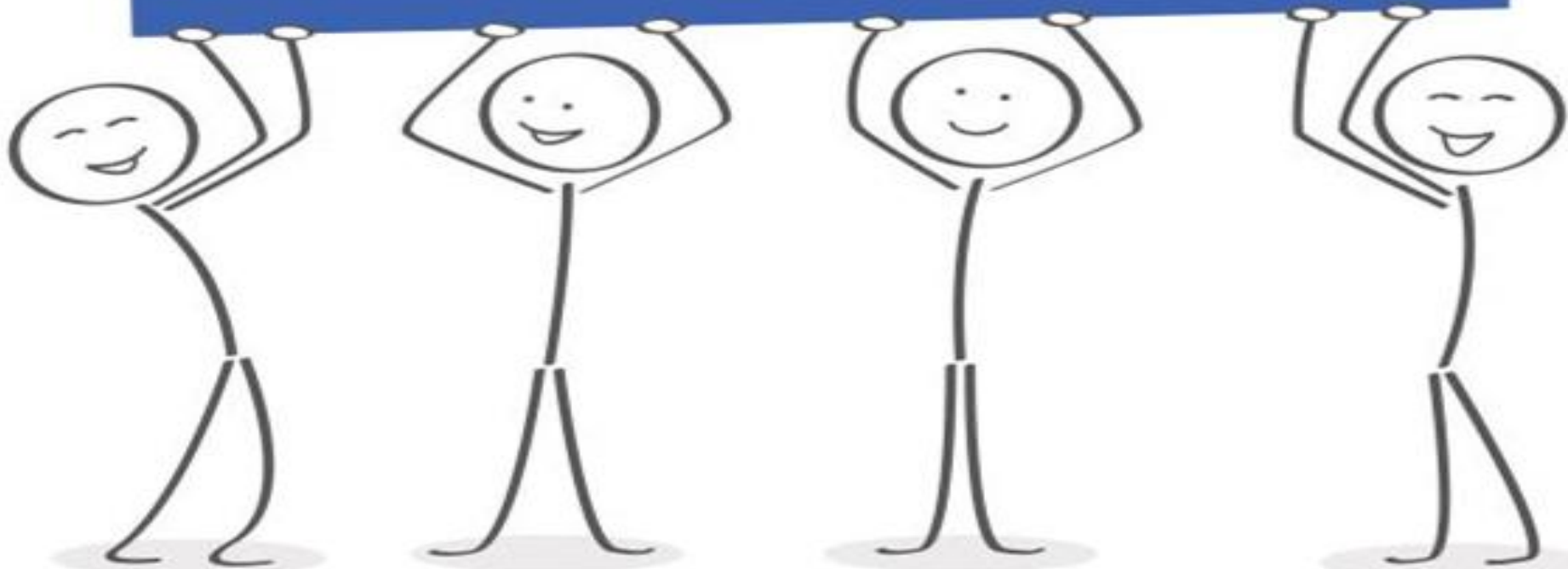
A lush green forest with a large opening in the canopy revealing a bright sky and a body of water in the distance.

Believe In
Yourself

What is Self Belief?



~~IM~~POSSIBLE



Stay FOCUSED: On Your POSSIBILITIES



***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 confidence, set against a vibrant sunset sky with orange and blue tones. 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 & 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



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



Control Your Thoughts Requires You To Be Mindful



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



**DECIDE
COMMIT
FOCUS
SUCCEED**

- ❖ **Primary Control of Self:** is to take action, change a difficult situation that will make your life less stressful
- ❖ **Secondary Control of Self:** is to change how you think about a situation so as to relieve 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, & Success

Are You Coachable?



Check your
Attitude





BEING A CHAMPION STARTS WITH BEING COACHABLE

BY ERIC HECHTMAN

SportsEd^{TV}

▣ 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:

- ❖ **Being coachable means being receptive to honest feedback**
- ❖ **Seek feedback**
- ❖ **Feedback requires trust**
- ❖ **Feedback 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** from qualified others.
- ❖ A commitment to **honest self-reflection**
- ❖ Can open doors to **unlock your potential**

RESILIENCE

TRAINING SESSION: 5

WILLINGNESS TO BE FLEXIBLE

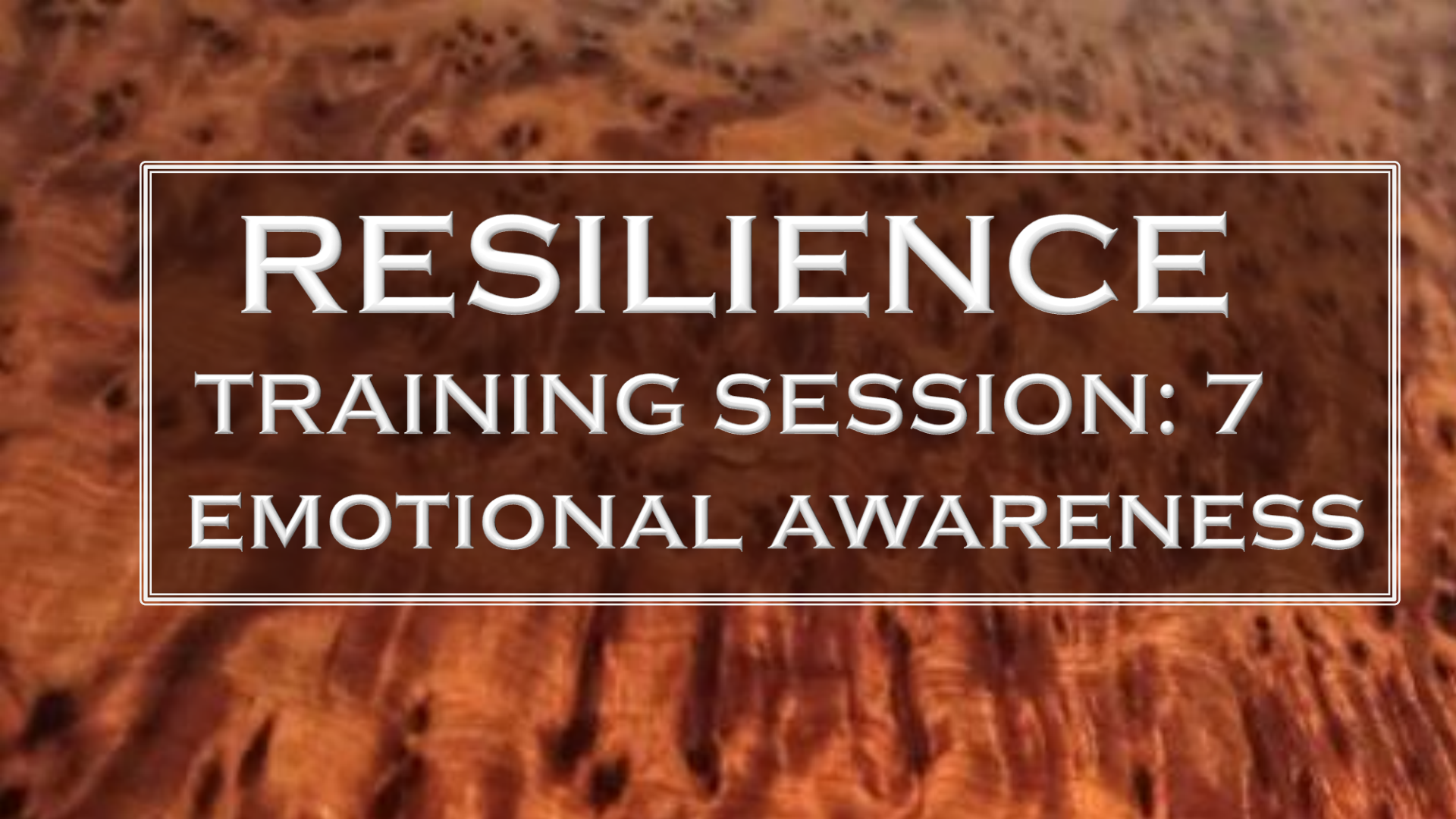
RESILIENCE

TRAINING SESSION: 6

ABILITY TO SOLVE PROBLEMS

A blue three-wheeled microcar, possibly a Peel P50, is shown in motion on a paved surface. The car is compact and rounded, with a single large headlight on the front right and two smaller ones on the front left. It has a black license plate with the white text 'JMG 791B'. A driver is visible through the side window. The background consists of a red brick building and some greenery.

Adaptable



RESILIENCE
TRAINING SESSION: 7
EMOTIONAL AWARENESS

❖ Emotional Awareness

Requires you to know

Yourself and your emotions

Emotional Awareness

provides the skills to

Coping

Click the Link below:

to the Coping Video



RESILIENCE

TRAINING SESSION: 8

SOCIAL SUPPORT



Social Support



Outreach and Social Support

RESILIENCE

TRAINING SESSION: 9

SENSE OF HUMOR

You Look Amazing!
My Glasses
Look Better On You!



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.

Sense of Humor

[Go Back](#)