

Building Your Bounce: Promoting Adult Resilience Self-Paced Online Course



Teachers, parents, and all adults who educate and care for young children are invited to join Dr. Nefertiti Poyner, Early Childhood Specialist and National Trainer with the Devereux Center for Resilient Children, on a journey of discovering strategies that promote adult resilience. This self-paced learning experience shines a light on how adults who prioritize their own well-being have a greater capacity to provide the kind of high-quality care that young children deserve.

The Building Your Bounce: Promoting Adult Resilience Self-Paced Online Course invites participants to learn how thoughts, behaviors, and actions throughout the day can be used to promote resilience and better manage daily hassles and major life adversities. The course offers research-based, resilience-building strategies that strengthen relationships, promote healthy self-regulation, increase initiative, and teach participants how to be kinder to themselves.

This course takes approximately 2.5-3 hours to complete, including interaction, reflection, and application of skills learned. To optimize the learning experience, participants should consider completing one or two sessions at a time rather than all six sessions at once. This approach allows for more reflection and time to apply skills. In addition, because promoting resilience is a life-long commitment, participants are encouraged to revisit the sessions and use the course “challenges” as ongoing resilience-building tools after the initial course completion.

Watch [this video](#) to hear Nefertiti talk about the course, then click [here](#) to try a free demo!

Learning Objectives

1. Recognize the positive impact of four key protective factors: (1) healthy relationships; (2) positive internal beliefs; (3) initiative; and (4) self-control on the mental health and resilience of adults who care for young children.
2. Practice strengthening the four key protective factors through simple exercises that focus on using thoughts, behaviors, and actions that contribute to resilience.

Pricing

Individual = \$30 each
Group of 10-49 = \$27 each
Group of 50 or more = \$24 each

If you have questions or are interested in licensing this course, contact Debi Mahler at dmahler@devereux.org.

Learn more at
www.buildingyourbounce.org