

Building Your Bounce



Promoting Adult Resilience Virtual Train-the-Trainer Course

All across the country, early care and education settings are simply just not the same. New rules, new regulations, and mounting expectations may prove to make the work we do a bit more challenging. **YOU ARE NOT ALONE.** We can do this together!

The Building Your Bounce Virtual Train-the-Trainer Course is for individuals who provide training, coaching, and technical assistance to adults who teach and care for young children. High levels of stress are the reality for too many caregivers, including staff and parents, and have a direct negative impact on children. Trainers and coaches charged with promoting workforce wellness are invited to join Dr. Nefertiti Poyner, to learn how to combat stress and burnout and promote the resilience of ALL adults who care for young children.

Participants will gain the skills and resources to confidently deliver four training modules that, together, comprise a one-day training. Participants will experience what it feels like to be taken through the training experience, while also gaining insights on how to effectively train the content to others.

While the content is primarily designed for participants to offer LIVE training on adult resilience, this course will speak to how content can be delivered virtually as well. The course consists of six, two-hour, live webinar sessions over the course of a six-week period. This course will also include reading, writing, and video-based homework assignments. Participants should be prepared to set aside approximately three hours per week, which includes the two-hour, live online class.

During this train-the-trainer course, participants will:

- Observe the presenter delivering the training modules while learning strategies, activities, and techniques to successfully deliver the training content themselves
- Feel confident and prepared to answer a variety of questions that arise when training on the concept of adult resilience
- Know how to tackle the planning and delivery of four modules (1.5 hours each), as well as the combined format for a one-day session; guidance on how to deliver virtual trainings will also be shared
- Receive PowerPoint slides, trainer notes, a copy of the book *Building Your Bounce: Simple Strategies for a Resilient You*, and much more

This course will provide trainers and coaches with a unique opportunity to strengthen their skills, build their knowledge base, and practice applying the concepts of adult resilience in various training scenarios. The Devereux Center for Resilient Children (DCRC) is confident that participants will gain valuable tools to support them in their role as trainers committed to building cultures of resilience, compassion and strength.

Key Course Details

Memorandum of Understanding (MOU)

Each participant of this training event will be asked to electronically sign a copy of the Building Your Bounce Train-the-Trainer MOU. Be sure to review this document which lists the parameters of what you will be able to do with this content following completion of this train-the-trainer course.

Attendance

- Attendance during live online classes is mandatory.
- These classes will be recorded, in case of emergency, should you need to miss a live session.
- If you miss a class, it is expected that you will watch the recording and complete the corresponding homework per the syllabus, within one week of the missed session.
- A missed live class will also require an additional reflection assignment to ensure mastery of content.
- If you miss MORE THAN ONE live online class, you will not graduate or receive a refund, or the digital files needed to deliver training on adult resilience.

Technology Requirements

- We will be delivering this course via Zoom Meeting. You will need access to a computer and a reliable internet connection.
- You will need to set up an account with Flipgrid. Flipgrid is a free technology platform/app that we will use for video-based assignments. Each participant will need to set up an account with Flipgrid (using a Microsoft or Google email address). Flipgrid can be accessed on a computer with a webcam and/or can be accessed through a free app that can be downloaded onto your phone.

Homework

- Roughly 1-1.5 hours of homework (reading, writing, and video-based assignments) will follow each live, online class, for a total of roughly 10-12 hours of work beyond classes.
- In addition to attending the live, online class, all homework assignments need to be completed for a participant to graduate from the course.

Materials

- Each person enrolled in the course will receive a hard copy of the Building Your Bounce Train-the-Trainer binder and a copy of the book *Building Your Bounce: Simple Strategies for a Resilient You*. DCRC will ship these materials to each person enrolled in the course.
- All participants of the course will have access to a password-protected website that will contain all of the on-demand recordings, materials, and assignments related to each of the six classes for easy reference.
- Graduates of the Building Your Bounce Virtual Train-the-Trainer Course will receive digital files, to include PowerPoint slide decks, trainer notes, handouts, and other materials that will support training on the adult resilience content.

