



Resilience-to-Thriving | The SECRET* Power of Stress

A Special Training-of-Trainers Event

Monday, March 27 at the [Construction Working Minds Summit](#) (Kansas City)

Resilience is the process of both bouncing back from adversity and also continually learning and growing. You can now take a positive wellness-oriented approach to the prevention of substance misuse and mental health risks.



Proven Outcomes and Wide Dissemination

- Recognized by [US Surgeon General](#) as effective in reducing worker behavioral health problems
- Studies show: improved recognition of early stress warning signs, confidence in ability to address stress, use of healthy coping, reduced stigma, and increased help-seeking
- Part of larger [culture-of-health program](#) (Team Awareness and Team Resilience) that has reached over 250,000 workers worldwide including within the construction trades
- Organizations that have used elements of this program include the US National Guard, Owens Corning, Caterpillar, TGI Fridays, and Amtrak.



Training-of-Trainers (ToT) Particulars & Certification

- Training is itself ideally delivered in 90 minutes
- Adaptable to online, in person, and multi-session
- Participants receive workbook and handouts

— ToT March 27th Event —

- 8 hours of highly interactive, fun training
- Receive personal copy of "[Raw Coping Power: From Stress to Thriving](#)" (by Joel Bennett)
- Slide deck, facilitator notes, handouts, book, and other tools can be used in your own workshops, training, and coaching activities.
- Receive attendance certificate; As evidence-based, certification requires post-training delivery, collection of session ratings and \$50 fee

Your Facilitators: **Joel B. Bennett**, PhD, developer of this program, has trained over 1,000 facilitators in workplace mental health programs. He is CEO of OWLS (www.organizationalwellness.com). **John Gaal**, PhD, is Director for AFL-CIO's Missouri Works Initiative's Worker Wellness Program and certified as a resilience facilitator.

REGISTER AT

www.constructionworkingminds.org/preconference-workshops

PRICING (includes Lunch and Snacks)

EARLY BIRD (MARCH 3): \$599 | LATER: \$650

*SECRET = Stress → Evaluate → Cope → Resilience → Evolve → Thrive

A Collaborative effort between Organizational Wellness & Learning Systems (OWLS) and Construction Working Minds. OWLS is proud to be a sponsor of the 2023 summit. Please visit us at the exhibit booth. Bring this flyer, study it well, and win a free book that reduces stress.



Working Minds
Suicide Prevention in the Workplace
Construction



YOUR
LOGO
HERE

Are your Employees *Just Coping?* Give Them the Tools to Thrive!

"Resilience & Thriving: The Secret Power of Stress" is the interactive workshop your team needs!

IT'S EASY.

This new training provides *easy-to-use* and *practical skills* for identifying and reducing stress at home and work.

IT'S POSITIVE.

In addition, participants learn how to use stress as a *positive resource* for resilience and thriving.

IT'S WIDELY USED.

"Resilience & Thriving" has been used in many industries and achieved positive outcomes.

IT'S EVIDENCE-BASED.

The course has been used in several evidence-based programs

IT'S ADAPTABLE.

The course is best delivered as a 60- to 90-minute workshop but is modular and expandable, so it can be adjusted.

BENEFITS

- In studies using the training, participants were found to have reduced stress 12 months after the training (compared to a control group)
- These same participants also reported less counterproductive behavior amongst their work peers (e.g., rudeness, harassment)
- In OWLS* studies with over 30 different trainers in a variety of settings, pre- to post-training improvements showed:
 - Increased confidence in one's ability to keep stress from negatively effecting *work performance*
 - Increased ability to recognize unhealthy coping habits and *correct these habits*
 - Increased confidence in being able to *effectively evaluate* and address stressors in one's life
 - Increased recognition of internal resources (healthy habits) to keep stress from building up
- Because the training is often conducted with coworkers, other benefits include increased teamwork and better understanding and compassions amongst coworkers

FEATURES

- Aligns with and promotes current resources (employee assistance, wellness, local resources)
- Can be adapted for supervisors and managers
- Reviews both effective and ineffective coping strategies
- Identifies early and later warning signs of poor coping and ways to address or get help
- Offers tools for making stress a personal ally
- Explains how resilience and thriving work across 6 dimensions of wellness (physical, emotional, spiritual, occupational, social, and intellectual)
- Provides easy-to-access resources in each of the 6 dimensions
- Distinguishes ways that your team can be resilient and thrive and not only cope with stressful situations
- Includes an 8-page workbook with exercises participants can keep using to:
 - Identify life-style and coping-style strengths
 - Create ongoing goals for addressing stress
 - Learn mind-body tools for adapting a positive mind-set in the face of stress

**Contact Me to Schedule
a Team Training Session!**

**"Tremendous potential
to fulfill both personally
and professionally!"**

– Janet Masters, Nurse Practitioner

