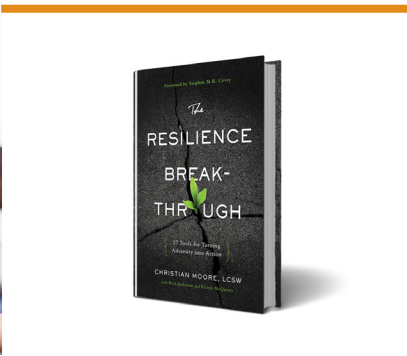


# The Resilience Breakthrough:



*“Resilience is the great equalizer -- It transcends race, gender, culture, socio-economic status... and literally any other aspect of your environment.”*

**-Christian Moore, MSW**

WhyTry Founder

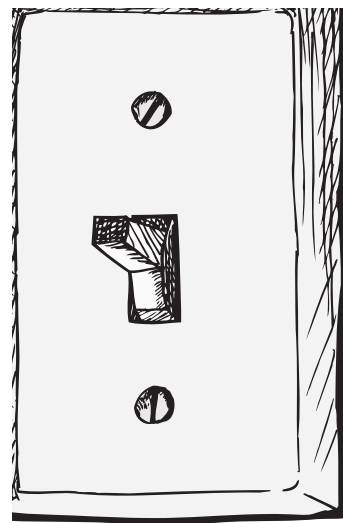


## Keys to Creating a Resilient School Climate

# flipping the switch

*verb*

When you flip the switch, you stop for a moment, realize you can turn pain into power, and move forward, committed to being resilient.™



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*“Man has never made any material as resilient as the human spirit.”*

*Bernard Williams  
English philosopher*

# Flipping the Switch Skills

**Combat denial** and acknowledge there is a problem.



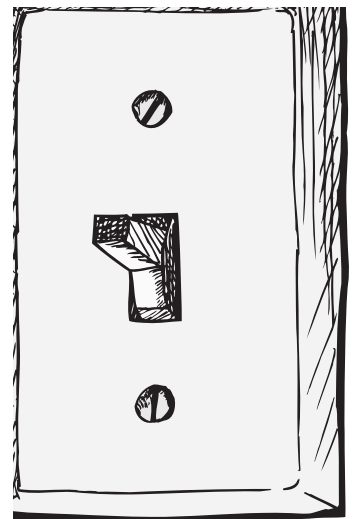
**Ask the Flip the Switch Question:** “How can I use this emotional pain, challenge, or situation to better my circumstances and make me more resilient -- today, this hour, this minute, this second?”



**Do the opposite** of what people would normally do in a similar situation.



**Pay attention** to how you feel.



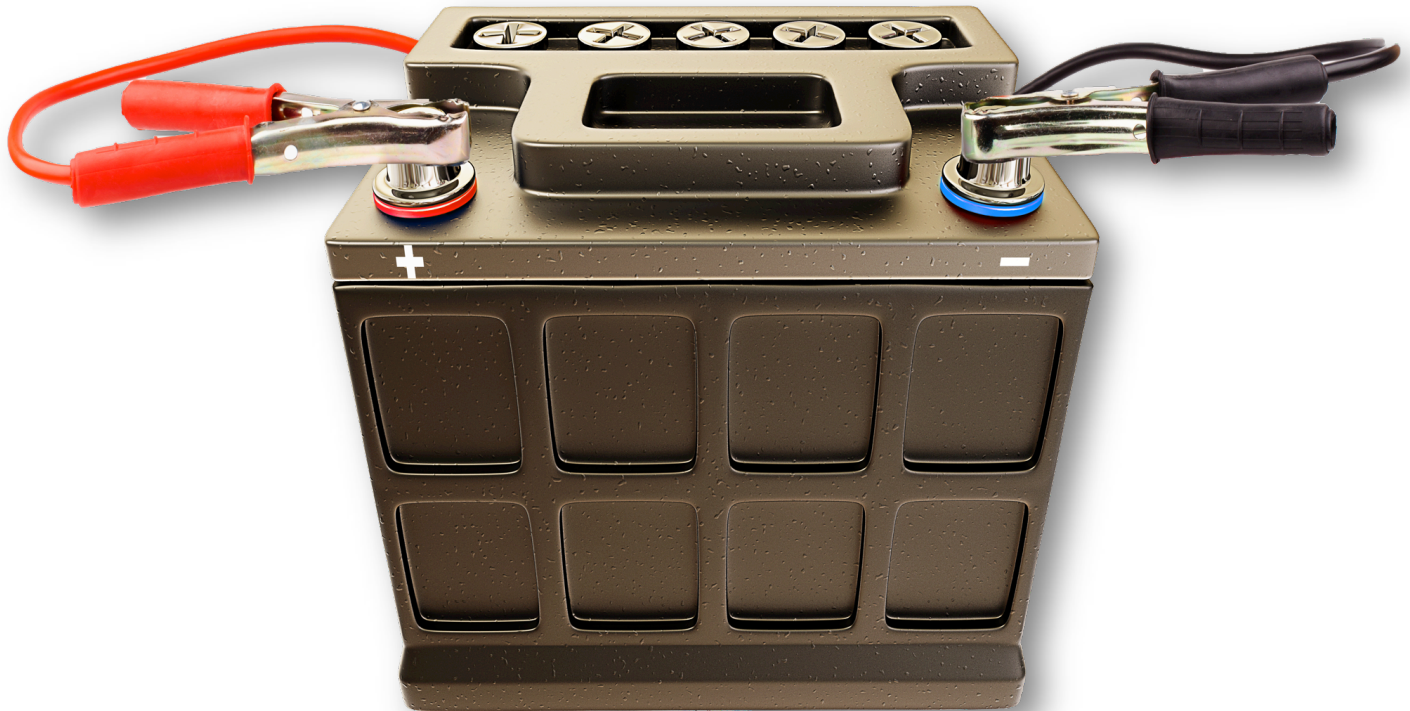
# resilience

*re • sil • ience*

*noun*

The ability to bounce back when you have every reason to shut down -- but you fight on! Resilient people have both tapped and untapped reserves, enabling them to overcome and thrive as they face the setbacks, challenges, and fears of daily life.™

# Emotional Fuel: The Breakthrough



- Happiness
- Peace
- Trust
- Love
- Acceptance
- Optimism
- Motivation



- Anger
- Depression
- Frustration
- Loneliness
- Pain
- Guilt
- Regret
- Sadness

# The Four Sources of Resilience



## Relational Resilience:

*Your greatest motivation to not give up is the knowledge that others depend on you.*

- You draw strength from the emotional support of others.
- You turn outward by serving in the moment.
- You realize that your greatest power comes from human connection.



## Street Resilience:

*You take the pain of social inequality, disrespect, and mistakes and use it as fuel to propel you forward.*

- You convert rage into the energy to create positive outcomes.
- You direct your hurt, anger, and rage toward a cause rather than an individual.
- You have the ability to reframe your limitations and transform them into strengths.



## Resource Resilience:

*You recognize that your resilience can be increased by tapping into the resources available to you.*

- You fight resignation with spontaneity.
- You recognize that your resources include talents, relationships, physical assets, personality traits, and work ethic.
- You realize that you have undeveloped talents and untapped capabilities that you can also use or develop.



## Rock Bottom Resilience:

*When you're at your lowest point, you believe in your ability to change your circumstances, combat hopelessness, and fight on.*

- You take control of the present, knowing that losing in the past does not equal losing in the future.
- You are able to believe in potential unforeseen options even during your most difficult times.
- You refuse to be defined by the negative labels you've been given, whether by yourself or others.

# relational resilience

*noun*

When your greatest motivation to make good decisions, put more effort into life, and not give up is the knowledge that others depend on you. You also draw strength from the emotional support of friends, family members, deceased loved ones, a pet, or even a stranger who smiles your way. These support systems can come from simple or in-depth interactions. You recognize that influence is reciprocal, and that you can both give and receive resilience in the ways you approach your interactions with others throughout your life, even those that seem trivial and mundane.

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*“When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience.”*

*Jaeda De Walt  
Artist, Poet*

# street resilience

*noun*

You take the pain of disrespect, discrimination, and regret and use it as fuel to propel you forward. Street Resilience is channeling your emotions - guiding them, directing them, and using them for a productive purpose, instead of letting your emotions use you.

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*“What hurt me in the past has actually made me better equipped to face the present.”*

*Steve Goodier  
Author, ‘Joy Along the Way’*

# resource resilience

*noun*

You recognize that your resilience can be increased by tapping into the resources you currently possess or could potentially possess. Not only do you maximize your talents, mindset, abilities, relationships, money, physical assets, and personality traits, you also realize that you have undeveloped talents and untapped capabilities that you can use or develop.

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*“The human capacity for burden is like bamboo - far more flexible than you’d ever believe at first glance.”*

Jodi Picoult  
Author, ‘My Sister’s Keeper’

# rock bottom resilience

*noun*

You have the ability to flip the switch when you're at your lowest point. Rock Bottom Resilience allows you to believe in your ability to change your circumstances, combat hopelessness, and fight on. It helps you believe in potential unforeseen options even during your most difficult times. And it makes you increasingly aware that losing in the past does not equal losing in the future.

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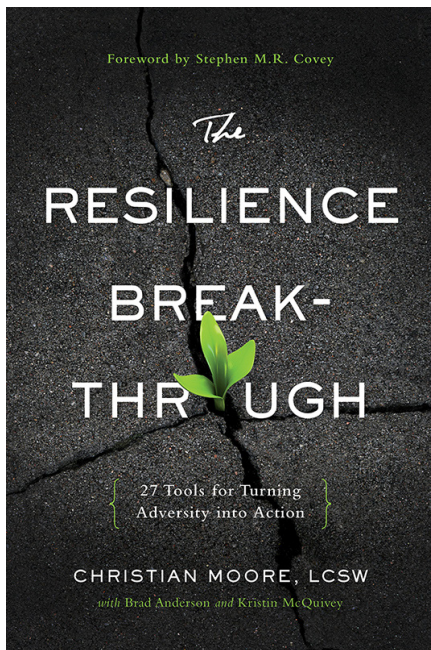
*"The greatest glory in living lies not in never falling, but in rising every time we fall."*

*Nelson Mandela*

# The Resilience Breakthrough:



27 Tools for Turning Adversity into Action



## A Guide to Resilience: How to Bounce Back from Life's Inevitable Problems

In *The Resilience Breakthrough*, WhyTry Founder Christian Moore delivers a primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can all have our own resilience breakthrough, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships.

As he share engaging real-life stories and brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today -- in your personal life or in your organization.

**“There is not a topic of greater urgency for the future than resilience. And there is not an author more qualified to teach it than Christian Moore.”**

*-Joseph Grenny, New York Times bestselling coauthor of *Crucial Conversations* and *Influencer: The New Science of Leading Change**

**Have your breakthrough today.**  
**[www.whytry.org/book](http://www.whytry.org/book)**



# Resilience Breakthrough Staff Development Workshop



“Resilience is the **great equalizer** -- It transcends race, gender, culture, socio-economic status, the neighborhood you grew up in, the family you were raised in, and literally **any other aspect of your environment.**”

-Christian Moore, MSW  
Author, *The Resilience Breakthrough*

The Resilience Breakthrough staff development workshop introduces participants to the key concepts and skills from WhyTry Founder Christian Moore’s new book, “The Resilience Breakthrough.” The one-day workshop provides tangible tools that can help anyone -- including the most struggling students -- convert life’s adversities and setbacks into powerful action. Other programs have taught the *attributes* of resilience, but few have been able to teach the *skills*. Come experience:

- An in-depth self-assessment to help you reflect on your personal strengths and weaknesses
- Experiential activities illustrating specific concepts in the training
- Coaching on how to put several “resilience boosters” into action
- Powerful videos of real-life resilience

“I used to be very resilient as a youth and young adult, but have allowed some trials to lower my self-confidence. The training helped me recapture my self-empowerment.”

-Jen Holden, licensed clinical social worker, Utah

“This was by far the best thing I’ve ever attended.”

-Malcolm Isom, special education teacher, Georgia

This was the single most inspiring workshop I’ve ever been to. I connected to the message and content very deeply - both personally and professionally.”

-Susan Arnink, counselor, New Mexico

**Call (866) 949-8791 to learn more.**