



Facilitator Certificate Course Resilience & Thriving

Individuals who earn a Facilitator Certificate through NWI will be able to use the tools, resources, and techniques provided in the certificate course to train students, employees, and clients in various settings in the topic presented.

Facilitated online course now available!

The National Wellness Institute (NWI), in collaboration with Organizational Wellness and Learning Systems (OWLS), is offering a 5-credit course with evidence-informed tools and competency-based training in the areas of stress and resilience. The course also aligns with the NWI Wellness Promotion Competency Model.

Course participants will learn a system that integrates NWI's Six Dimensions of Wellness model with the concepts of stress, resilience, and thriving. The slide deck, facilitator notes, handouts, book, and other tools provided in the training can be used in their own workshops, training, and coaching activities.

To earn a Certificate as a Resilience & Thriving Facilitator, and be able to offer the "Resilience & Thriving: The Secret Power of Stress" training to others, participants must successfully complete all elements of the online certificate course and pass an online exam.

Course Objectives

Certificate course participants—as well as the individuals they train—will be able to:

- distinguish between how stress, resilience, and thriving operates in their lives
- identify the effects of stress and signs of not coping well
- identify personal coping style and strengths for transforming stress into a positive factor
- identify how stress is a risk factor for both personal health (negative well-being, unhealthy habits) and workplace outcomes (absenteeism, accidents, mistakes)
- recognize healthy alternatives to working with stress
- describe 5 specific steps to thrive from stress

Each training includes a preview video, 2 facilitated online sessions, and an online exam. See NationalWellness.org/Resilience for the most up-to-date schedule.



Who's attending?

- **Wellness coaches & coordinators**
- **Worksite wellness professionals**
- **Health educators**
- **Human resource & employee benefits professionals**
- **Employee assistance professionals**
- **Wellness brokers**
- **Motivational speakers**
- **Teachers/Instructors**
- **Anyone wishing to offer training in stress and resilience**

Registration Rate

Sign up early: Space is very limited for this program.

Current NWI Members: \$599
Non-members: \$649

Not an NWI Member?

Visit NationalWellness.org/Join for more information

NationalWellness.org/Resilience

Materials Included

All participants receive:

- an electronic copy of the core presentation slide-deck with facilitator notes
- all handouts, evaluation forms, and guidelines needed to replicate the training
- an Excel spreadsheet for tabulating pre- and post-ratings
- follow-up access to the preview video and all session recordings
- a copy of *Raw Coping Power: From Stress to Thriving* by Dr. Joel Bennett
- 50% Discount on copies of the book for bulk purchases of 10 or more books

Additional Course Information

- Preview video will be sent to enrolled students at least two days prior to course start date
- Students will take the multiple choice final exam within 10 days of course completion
- Students may take the final exam up to three times. Students who do not pass the final exam after their third attempt will be required to retake the course and pass the final exam to attain their Certificate as a **Resilience & Thriving Facilitator**.

This course is offered through an NWI Education Partnership



About NWI

The National Wellness Institute, Inc. is a nonprofit organization providing state-of-the-art continuing education and setting the standards in wellness promotion.

About the Presenter



Joel Bennett, PhD, is President of Organizational Wellness and Learning Systems (OWLS), a consulting firm that specializes in evidence-based wellness and e-learning technologies to promote organizational health and employee well-being. Dr. Bennett first delivered stress management programming in 1985 and OWLS programs have since reached close to 100,000 workers across the United States and abroad. He is primary developer of "Team Awareness" and "Team Resilience," evidence-based, culture of health programs recognized by the U.S. Dept. of Health and the Surgeon General as effective in reducing employee behavioral risks. Dr. Bennett has authored over 20 peer-reviewed scientific articles as well as five books, including *Raw Coping Power*, *Well-Being Champions*, *Time & Intimacy*, *Heart-Centered Leadership*, and *Preventing Workplace Substance Abuse*.

Technical Requirements

Participants must have a reliable internet connection. A free download of Zoom web conferencing software is required. Audio may be accessed via phone, or via computer microphone and speakers (webcam optional).

Continuing Education Credit

Individuals who complete the training and associated exam may earn 5 continuing education credits (CECs) toward certifications held at the time of the training (see below for organizations that have pre-approved this program for credit). A CEC certificate will be e-mailed to individuals who select their desired CEC certificate(s) on post-training evaluation form.



ACSM: The American College of Sports Medicine's Professional Education Committee certifies that "National Wellness Institute" meets the criteria for official ACSM Approved Provider status from (December 2018 – December 2021). Approved Providers and their content reflect the concepts of their respective organizations and do not necessarily represent the positions or policies of ACSM. Providership # 661228



NCHES (CHES®/MCHES®): National Wellness Institute is designated a provider of Category I continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. The NWI Resilience & Thriving Facilitator Certificate course is designated for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES) to receive 5 Category I (advanced) continuing education contact hours.



EACC: The *online* training for the Resilience & Thriving Facilitator Certificate course is eligible for five (5) PDHs in Domain III from the Employee Assistance Certification Commission. This program is co-sponsored by Organizational Wellness and Learning Systems (OWLS) and the National Wellness Institute (NWI).



NWI (CWP): The Resilience & Thriving Facilitator Certificate course has been approved for 5 Category 1 continuing education credits by the National Wellness Institute for NWI Certified Wellness Practitioners (CWP).



SHRM: National Wellness Institute is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CPSM or SHRM-SCPSM. The NWI Resilience & Thriving Facilitator Certificate course is valid for 5 PDCs for the SHRM-CPSM or SHRM-SCPSM. For more information about certification or recertification, please visit shrmcertification.org

General Attendance Continuing Education Certificate: National Wellness Institute-verified contact hours for continuing education credit/certificate of participation.