



---

**SEMINARS,  
WORKSHOPS &  
TRAINING PROGRAMS**

---

***Empowerment For Life!***

**The Resiliency Institute™**

Telephone Toll Free 1.800.327.1090 • [www.resiliencyinstitute.com](http://www.resiliencyinstitute.com)

## What is Resiliency?

Resiliency is defined as the ability to bounce back from personal adversity and rapid technological and social change, while becoming stronger in the process. The past 20 years have witnessed an explosion of resiliency research in psychology, education, social work and medicine. Social scientists conducting studies worldwide have identified the internal and external protective factors used by children and adults to overcome difficult life challenges and to create happy, fulfilled lives. Resiliency experts agree that these protective factors can be learned by people of all ages in our homes, schools, communities and business organizations. The Seven Keys to Resiliency® is a new model of human empowerment which forms the foundation of the Resiliency Institute's programs and resources. This dynamic model addresses all of the factors necessary to overcome adversity and achieve health, happiness and success in the 21<sup>st</sup> century.

## PARENT EDUCATION

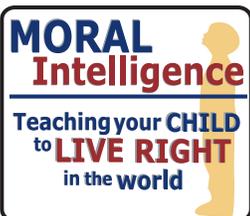
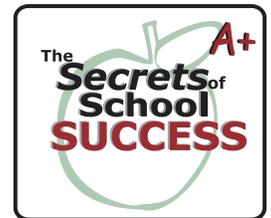


### Raising Resilient Kids™

Children and families are being challenged today as never before and require new knowledge and skills to live in a rapidly changing world. This breakthrough educational program is intended for parents, teachers and other adults who want to help children and youth develop resiliency. You will learn the Seven Keys to Resiliency® - a dynamic new model of human empowerment that can be used by adults to assist young people to overcome adversity and achieve happiness, health and success in life.

### The Secrets of School Success

Students are expected to excel in all school subjects and develop effective social skills. For many children and teens, however, this can be a difficult and frustrating challenge. Recent research from experts in psychology and education has identified specific learning skills and strategies that increase children's confidence and academic performance. Learn how to help your child acquire the social and academic skills, positive attitudes and motivation necessary for school success.



### Moral Intelligence

Children and teens are living in a high tech, multi-cultural society, and they are expected to make appropriate moral choices. Research confirms that the beliefs, values and well-being of young people are negatively impacted by TV, video games, movies, the Internet and other powerful social forces. Learn to help children and teens develop the decision making skills needed to live their lives based on the universal values of caring, honesty, respect and responsibility.

### Creating Your Future - For Youth™

All young people face the exciting, yet daunting challenges of creating their futures. They must make important decisions about attending university, selecting a career and developing healthy relationships. Young people must learn how to intentionally create the future they desire, rather than living their lives by chance. Youths attending this seminar will learn to identify their personal mission and vision, and acquire the beliefs and motivation to achieve their goals and dreams.



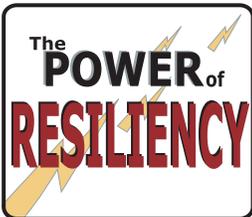
### Developing Capable People®

Developing Capable People® is one of the most respected parent education programs in North America. Over 30 years of research has identified the three perceptions and four life skills needed to develop capable, responsible and resilient young people. This two day **Leader's Training Program** will certify you to facilitate the Developing Capable People program to other adults who are raising, teaching or providing support to children and teens.

## The Seven Keys to Resiliency

1. **Mind Power** - Using optimal thinking tools to achieve health, well-being and success.
2. **Emotional Intelligence** - Developing emotional self-awareness, self-discipline and self-control.
3. **Positive Relationships** - Building healthy self-esteem and strengthening interpersonal relationships.
4. **Mastery Learning** - Utilizing Multiple Intelligences to maximize true learning potential.
5. **Moral Intelligence** - Living each day with respect, responsibility, integrity and compassion.
6. **Compelling Future** - Creating an exciting, positive and meaningful vision for the future.
7. **Principled Leadership** - Leading with the personal values of commitment, courage and wisdom.

## PERSONAL DEVELOPMENT

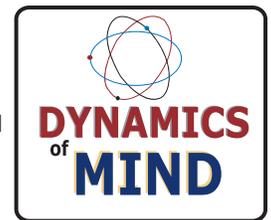


### The Power of Resiliency™

Highly successful people have discovered unique strategies to achieve important goals and navigate life's inevitable ups and downs. The Seven Keys to Resiliency® will provide new knowledge and skills to dramatically increase your ability to manage stress, adapt to rapid change and bounce back quickly from setbacks. In this life-changing seminar, you will learn to harness the power of your inner resiliency and create the networks of support needed to achieve health, well-being and success.

### Dynamics of Mind™

Research from quantum physics confirms what the sages, philosophers and great teachers have known for centuries; the human mind, when combined with focused intention and strong desire, has the unlimited ability to create a new physical reality. To maximize this potential, we must understand the power of thoughts and beliefs and learn how to program the subconscious mind. This amazing seminar will help you acquire the unique knowledge and skills to effectively master your mind.

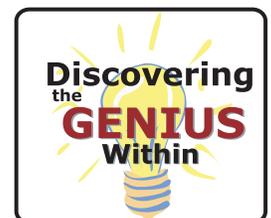


### Creating Your Future™

Each of us is a unique individual with special gifts and talents to offer the world, yet without a clear vision of what we want for the future, we may become frustrated, disappointed and lost. Rather than living your life by chance, why not live a life that you intentionally create? Ignite the excitement and passion to realize your dreams! Discover your true mission or purpose in life, and create a clear vision to achieve the happiness and success you deserve.

### Discovering the Genius Within™

Did you know that your brain has the same potential as Albert Einstein's? Most people are far more intelligent and capable than they have been conditioned to believe by parents, teachers and society. You will learn how to change faulty beliefs and release negative feelings that may be blocking your creativity and innate potential. In this ground breaking seminar, you will identify and develop your multiple, emotional and spiritual intelligences.



### The Science of Prosperity™

Would you like to have more money, joy, health and peace in your life? We live in an abundant universe, yet many people are negatively conditioned to believe in scarcity. The ancient universal laws and principles for creating prosperity have now been scientifically explained by quantum physics. This exciting seminar will teach you how to re-program your mind to eliminate negative beliefs and utilize proven strategies to create a life filled with abundance.

### Dark Clouds - Silver Linings™

You can regain health, happiness and peace of mind after experiencing personal trauma and stressful life events. Discover the vital role of the mind and spirit as master healers to help you acquire new strength and hope. Learn how to avoid the dance of doom and reclaim your personal power by accessing your inner resiliency. In this life-changing seminar, you will have an opportunity to begin the healing journey to help you move from surviving to thriving.



## SCHOOL WORKSHOPS (K-12)

**Resilient Schools™** - Learn about the Seven Keys to Resiliency® - proven by 20 years of scientific research in education as critical for students' academic, personal and social success. Develop powerful and effective resiliency building strategies that will greatly benefit both students and teachers.

**The Empowered Educator** - Educators are being challenged as never before by larger class sizes, more students with behavior and learning problems, student violence, budget cuts and lack of public support. Learn effective resiliency building strategies to reduce stress and improve physical, mental and emotional well-being.

**Multiple Intelligences (M.I.)** - Participants will learn about the eight Multiple Intelligences and how to utilize specific M.I. strategies with their students. The information provided is based on the latest research and practice of leading M.I. experts Howard Gardner, Thomas Armstrong and Eric Jensen.

**Emotional Intelligence (E.Q.)** - Social science research indicates that Emotional Intelligence (E.Q.) may be more important for success in life than cognitive intelligence (I.Q.). Topics include how to teach children to understand their feelings, control negative emotions and develop healthy relationships.

**Moral Intelligence** - The psychological and emotional well-being of students is negatively impacted by TV, video games, movies, the Internet and other powerful social forces. Learn how to teach the decision making skills that promote the universal values of compassion, honesty, personal respect and social responsibility.

**Positive Discipline in the Classroom** - Learn how to create a purposeful, supportive and safe teaching and learning environment. Participants will acquire effective strategies to discipline students in a firm, caring and respectful manner and learn to utilize classroom meetings to resolve students' social problems.

**Safe and Caring Schools** - Today's educators require effective strategies to reduce the escalating problems of student bullying, violence and drug use. Topics include how to create and implement a clearly defined school-wide discipline policy that promotes safety, respect, responsibility and caring for others.

## CORPORATE SEMINARS

**The Resilient Organization** - Advances in technology, the changing global economy and growing levels of personal and job related stress are presenting challenges in every organization. Scientific research on resiliency building provides vital new strategies necessary for empowerment and innovation in the 21st Century.

**Dynamic Leadership for the 21st Century** - Leaders of today's business organizations must possess exceptional interpersonal skills and embrace life-long learning. Dynamic leaders must be visionary, courageous and highly principled; they must also lead with wisdom and inspire greatness in others by example.

**The 5 Keys to Managing Change** - Change is now taking place at an unprecedented rate. Failure to effectively manage change in the workplace causes stress, fear and lost economic opportunities in the marketplace. Learn cutting edge information and key strategies to help your organization thrive in times of rapid change.

**Building Master Mind Teams** - Wise business leaders know the value of building strong teams to achieve successful outcomes. Master Mind teams combine their cognitive and emotional intelligences in unique ways to creatively and cooperatively find the best solutions to any challenge.

**Creating an Intelligent Organization** - Business organizations must continually improve and innovate to remain competitive in the global economy. Learning how to utilize the creative, emotional and multiple intelligences of everyone in the workplace will provide the ultimate advantage.

**OUR MISSION:** To educate, inspire and empower people of all ages to overcome adversity and achieve their highest human and spiritual potential.

**OUR VISION:** To provide powerful educational seminars, training programs and resources for individuals, families, schools, communities and the corporate workplace.



**For Registration or More Information: Phone Toll Free: 1.800.327.1090**

**Resiliency Institute - Head Office**  
P.O.Box 1510, Vernon, B.C. V1T 8C2  
Phone 250.545.7443 Fax 250.545.1270

**Resiliency Institute - Vancouver Office**  
103 - 280 Nelson St., Vancouver, B.C. V6B 2E2  
Phone 604.669.8729 Fax 604.669.8759

**Email: [info@resiliencyinstitute.com](mailto:info@resiliencyinstitute.com) • Website: [www.resiliencyinstitute.com](http://www.resiliencyinstitute.com)**



The Resiliency Institute provides a 100% money back guarantee of satisfaction on our seminars, training programs and materials.