

# Resiliency In Action: How Schools, Families & Communities Create “Bounce Back” Kids

Nan Henderson, M.S.W.



**Nan Henderson, M.S.W.** ...is

president of Resiliency In Action, a publishing and training company in Southern California.

Her publications on resiliency and wellness, positive youth development, and school and organizational change are used in more than 25 countries and have been translated into Spanish and Russian. She has provided training in 43 U.S. states and several foreign countries over the past 16 years for a wide variety of audiences and organizations, including Big Brothers/Big Sisters, Upward Bound, Americorps, State Departments of Education in CA, VT, CO, PA, ME, TX, and NH, the Ministry of Education in New Zealand, and several Canadian school districts and organizations.

The Pennsylvania Dept. of Education is advocating the adoption of Ms. Henderson’s model in every school in that state, and she is involved in a major resiliency initiative in New York City Schools.

She has served on the faculty of five colleges/universities; worked as a clinical therapist with youth, adults, and families; and directed citywide and statewide prevention and resiliency programs. She is the author/editor of five books on resiliency, numerous articles, and an on-line newsletter distributed worldwide.

She has also been featured as a “resiliency expert” on N.P.R.’s Talk of the Nation.

## A Sample of comments about Nan’s training...

“No other workshop in 12 years of teaching has touched me so deeply.” - **Kathy Hancock, High School Teacher, NM**

“What a gifted speaker Nan is! - **Donella Green, Principal, TX**

“Nan is brilliant—in all definitions of the word... [including] clear, defined, and rich in her knowledge.” - **Marcia Heinrichs, Prevention/Intervention Specialist, CA**

“It will change your perspective on life.” - **Arlene McGill, M.D., Jamaica Ministry of Health**

“Your trainings should be packed. Teachers—and all educators—should come by the busloads to find out what to do for what ails our kids.” - **Laurel Schmidt, Director of Pupil Services, CA**

“Weeks later, people are still talking about it!” - **Sue Mahoney VT Dept. of Education**

**\*Resiliency** is the ability to overcome risk factors, trauma, crises, and stress, including academic stress...

**There is strong research evidence linking building resiliency to academic success—especially for struggling students.**

## You will learn about...

### The research foundation of resiliency...

Where has it come from?  
How does resiliency happen?  
How it connects to academic success  
How can all kids/families/schools be more resilient?

### Why is building resiliency so crucial for children and youth today?

### Applying the research to those you care about by...

Using the “Resiliency Chart”  
Increasing Personal Resiliency Builders  
Creating resiliency-building programs  
Using the “Resiliency Wheel” and  
Taking “The Resiliency Quiz”

### The “Four Most Important Steps to Fostering Resiliency”...

in children, youth, families, schools, and other organizations, programs & for you and your family.

### Interactive ways to teach about and expand personal resiliency...

### Examples of effective resiliency-building in the classroom

### The power of ONE person to change the course of a young person’s life

**FOR MORE INFORMATION GO TO  
[WWW.RESILIENCY.COM](http://WWW.RESILIENCY.COM)**