

**RESILIENCY...is the ability to rebound as we go through life, facing trials or adversity. A growing body of research is showing how we can help ourselves and those we care about and work with overcome life problems. The research has concluded that all of us are in fact, "hard-wired to bounce back"...**

**NOW MORE THAN EVER is the time to give your self, your students, clients, and/or colleagues specific, practical research-based strategies presented by Nan Henderson on how to bounce back from stress, crises, trauma, grief and other difficulties...including how to move children, youth, families, and communities "from risk to resilient."**

### Comments about resiliency presentations by Nan Henderson...

*"United professionals in our state in a way that has never happened before."* - Mary VanderWall, CO Dept. of Ed.

*"The most positive, practical training I have attended in 24 years of practice"* - Mark Beseinger, LCSW, Harrisburg, PA

*"I came anticipating increasing my effectiveness as a professional and came away more effective as a human being."*  
- Xenia Becher, Central NY Council on Adolescent Pregnancy Prevention

*"Nan, you are a gift to us all. Educators need more trainers like you! I [told] my co-worker at your training, 'She's SO cool! She really GETS IT! YES!'"* - Julianne Montanno Klemann, Sunnyside School District, Tucson, AZ

*"Brilliant, in all definitions of the word... Not only did I leave feeling good, I was equipped to meet the [demands] of my job."* - Marcia Hendrichs, Middle School Prevention/Intervention Specialist, San Diego, CA

*"[Nan's trainings] should be packed. Teachers—and all educators—should come by the busloads...to learn what to do for everything that ails our kids."* - Laurel Schmidt, Director of Pupil Services, Santa Monica, CA schools

*"Fabulous"* - Will Bartlett, School Counselor, Auburn, ME

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

*"It will change your perspective on life."* - Arlene McGill, M.D., Jamaica Dept. of Health

### Some of the hundreds of organizations that have contracted presentations by Nan Henderson:

Colorado Dept. of Education      New York City United Federation of Teachers      Vermont Dept. of Education  
California Dept. of Education      New Zealand Ministry of Education      Winnipeg, Canada Schools  
National Big Brothers/Big Sisters      Ohio Network for Training and Assistance for Schools and Communities  
Parkway School District, St. Louis, MO      Cherry Creek School District, Denver, CO      Los Angeles Unified School District  
State of Texas Safe and Drug-Free Schools Initiative      Nebraska Association of Prevention Professionals      Job Corps  
National School Drop-Out Prevention Conference      Alberta, Canada Alcohol and Drug Abuse Coalition  
New Zealand Federation of Children's Health Camps      TX Association of School Social Workers      Americorps

**For free Resiliency articles and other resources, visit our website at [www.resiliency.com](http://www.resiliency.com)**

**Nan Henderson, M.S.W.,** is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications on this subject are used in more than 25 countries and have been translated into Spanish and Russian. She is President of Resiliency In Action, Inc., a publishing and training organization in Southern California. Her on-line newsletter is read by thousands worldwide.

Ms. Henderson has trained and consulted in 43 U.S. States, Canada, Australia, and New Zealand. She has been a trainer for hundreds of school districts, juvenile justice organizations, and other social service and community agencies, as well as dozens of state departments focused on helping children and youth.

Ms. Henderson has served on the faculty of five colleges/universities (with an emphasis on substance abuse issues in her higher education teaching); worked as a clinical therapist with youth, adults, and families in agencies and schools; and directed citywide, statewide, and school districtwide youth prevention and resiliency implementation programs.

She is the author/editor of five books, including *Resiliency In Schools: Making It Happen for Students and Educators*, published by Corwin Press—one of its all-time best-selling books. Her other books include *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*; *Mentoring for Resiliency: Setting Up Programs to Move Youth from "Stressed to Success"*; and *Schoolwide Approaches for Fostering Resiliency*.

Her articles have appeared in several national publications, including *Education Digest*; *Hope Magazine*; *Principal Magazine*; and *Prevention Researcher*. She was the featured resiliency expert on National Public Radio's July 16, 2002 "Talk of the Nation" program on resiliency.