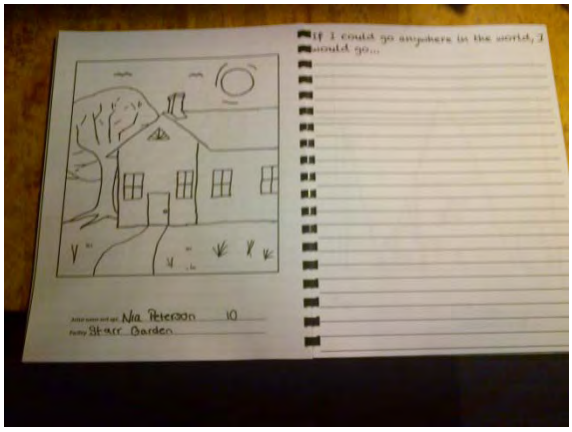
Strength-Based Trauma-Informed Leadership Programming (SBTIL)

Core Emotional Competency Workshops:



- **Strength-based Identification:** Helps participants recognize their pre-existing intellectual, social, emotional, physical, spiritual, and group strengths. This process meets the individuals where they are and provides a bridge to the greater expression of that strength.

- **Journaling:** Having a daily practice of journaling helps one manage when to contain and express thoughts and feelings.

- **Conflict Resolution Theatre *4 steps:** Healthy conflict resolution management is used to explore problem identification, management, and expression in a fun, safe, and nurturing environment. The four steps to creative resolution are introduced and practiced helping the learner transition to a leadership role.[1] The ability to resolve conflict is essential to being able to peacefully and collaboratively live in this world.

- **Think Again Model:** A cognitive model that helps individuals reduce unneeded upset while increasing accurate thinking and happiness.

- **Expressive Arts:** Using visual, performing, and culinary arts helps participants learn to express their thoughts and feelings, inspires individual and group creativity, and encourages empathy building for oneself and others.

- **Breathe-Initiated Yoga:** The group practices postures that strengthen the mind and body.

- **Mindfulness:** The practice of mindfulness helps participants to de-stress and clear their minds for decreased reactivity and greater inner peace.

[1] The four steps to creative resolution are STOP, TALK AND LISTEN, PLAN and TRY IT OUT. (Nelson © 1997)

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- **Mistakes and Mindful Mending**: The humane process of acknowledging and healing when our words / actions fall short of our best intentions.

- **Increased Containment:** The ability to consciously contain one's thoughts and feelings is essential to being able to manage one's life. Having strong containment skills allows individuals to choose the time and place that are best for expressing their thoughts and feelings.

- **Recognition of Strength:** Identifying and assessing personal strengths builds a healthful connection with self and others and the ability to notice the world accurately while we transform our current and future roles in that world.

- **Social Atom:** Early in the development of the group, the participants create a visual representation of their life including the people and activities that are important to them and how close they are to them. This exercise brings clarity to a person's perception of his or her life and highlights changes that they would like to make.

- **Accurate Perception**: The ability to trust yourself to see the world with accuracy. Helps participants live their lives without the distractions and roadblocks that hamper their ability to function in a healthy way. Cognitive distortions cause suffering by taking us on a "journey" that is more about habits and old patterns than present reality.

- **Interpersonal Communication Skills**: Practices that integrate verbal, emotional, and physical elements with the support of accurate speech.

- **Leadership Development:** Participants identify how they learn best and then, relying on one of their many strengths, develop and lead workshops in their community. Developing new roles based on identified strengths and then operationalizing and integrating these strengths as they learn and then lead is a core principal of strength-based, trauma-informed leadership programming.

- **Appreciation / Gratefulness**: Appreciating oneself and others helps participants acknowledge, identify, and reinforce the things we are doing "right," which builds healthy interpersonal relationships with others.

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- **Closure:** Communication, intention, and practices that support the group specifically as it relates to the ending dates. This will allow for healthy processing of the group experience and serves as the foundation for what will follow. Healthy closure helps the participants move forward to new beginnings.

- **Coping Skills / Managing Stress**: Participants identify the varied stressors in their world and develop a plan to reduce their own personal stress. Participants identify and practice behaviors that build a peaceful self.