



RESILIENCE JOURNEY™

BE THE LEADER YOU WERE DESTINED TO BE

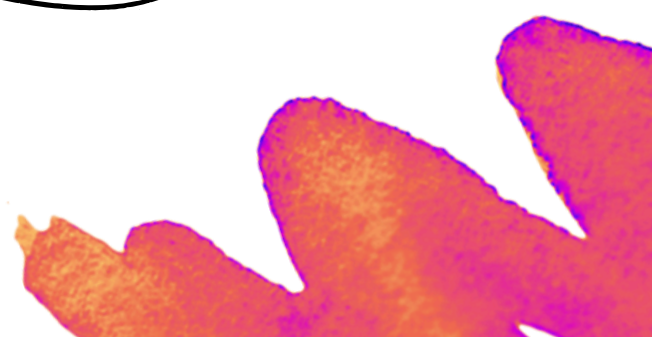
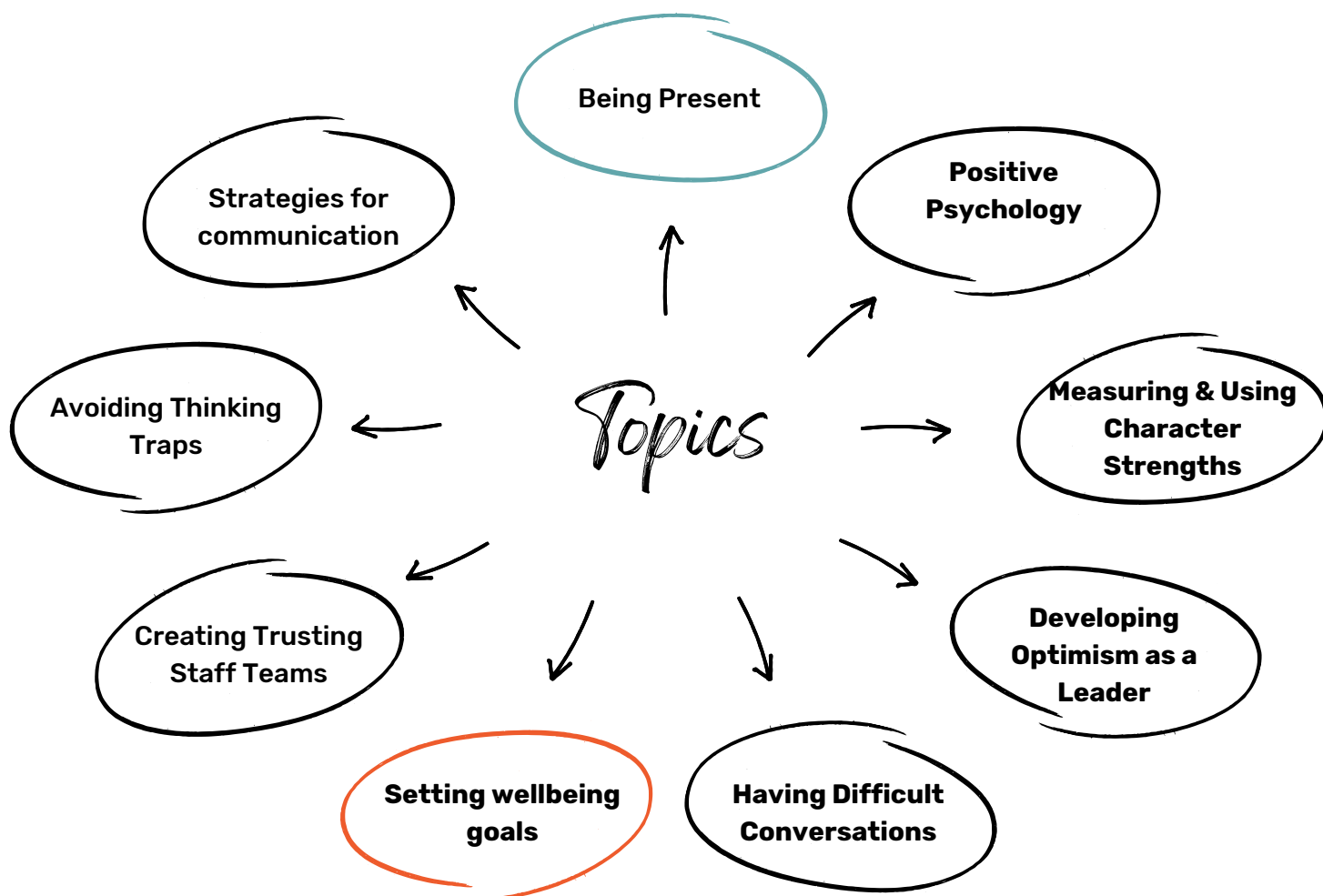
**PROFESSIONAL DEVELOPMENT FOR K-12 LEADERSHIP
WELLBEING, WELLBEING, RESILIENCE, AND EFFECTIVENESS.**

**ELIGIBLE FOR NEW YORK CONTINUING LEADER AND
TEACHER EDUCATION CREDITS (CTLE).**



Harness the Power of Positive Psychology with the 6-session CTLE-eligible Resilience Journey™ at Ulster BOCES!

The Resilience Journey is a professional development experience designed to enhance resilience, psychological safety, and wellbeing among school leaders. This science-based program focuses on building strengths, equipping leaders with tools for **effective team dynamics, personal wellbeing, and psychological safety.**



Creating Thriving Workspaces Starts With You.

The primary task of any school or district leader is to create a workspace that serves as an "engine of wellbeing"—a place where staff thrive, feel valued, and perform at their best. When teachers thrive, they can fully support and care for students, giving every child the caring adult they deserve.

Yet, challenges like team conflict, lack of trust, and poor communication often lead to strained relationships that inhibit leadership teams' effectiveness. Stressed and divided leaders struggle to foster the healthy, thriving workplaces they envision. We are proud to offer The Resilience Journey™, a professional development experience rooted in positive psychology.

This program focuses on building strengths and fostering systems for personal and professional wellbeing, enabling leaders to cultivate effective teams and thriving school environments.

Target Areas of The Resilience Journey™:

- **Team with Self:** Foster personal wellbeing through self-compassion and healthy self-talk.
- **Team with Colleagues:** Build trust, resource-sharing, and authentic collaboration.
- **Team with Supervisees:** Cultivate psychological safety and strengthen collaborative teams.

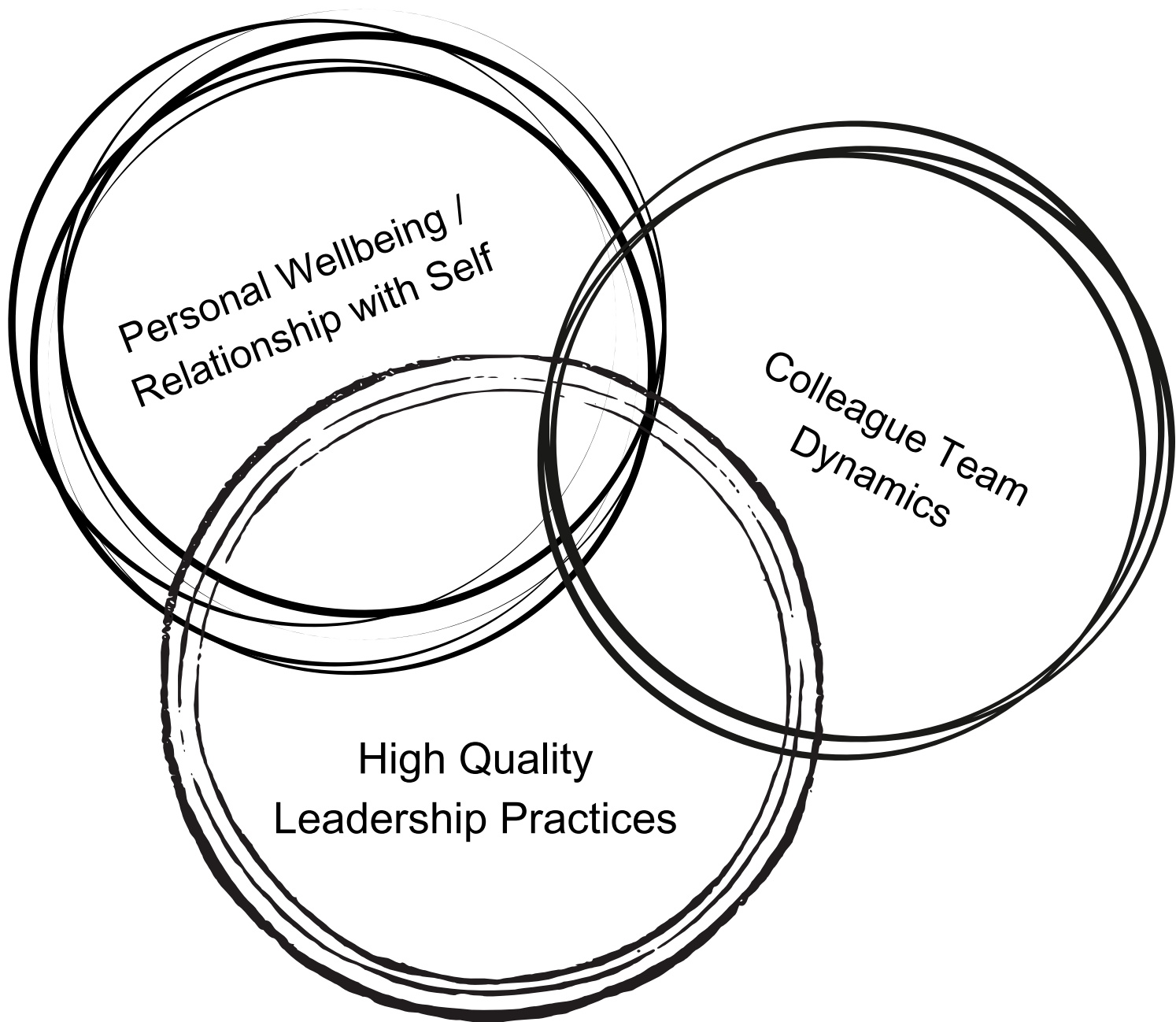
Resilience Journey at Ulster BOCES



Program Benefits:

- **Enhance Personal Wellbeing:** Uproot negative thinking patterns, foster self-compassion and optimism to support your resilience.
- **Strengthen Team Dynamics:** Build trust, promote resource sharing, and encourage authentic discussions.
- **Develop Effective Leadership Communication:** Effective communication strategies to develop dynamic healthy work environments where team members feel valued and empowered.
- **Earn CTLE Credits:** Fulfill Continuing Teacher and Leader Education (CTLE) requirements while gaining actionable strategies to enhance your leadership effectiveness.

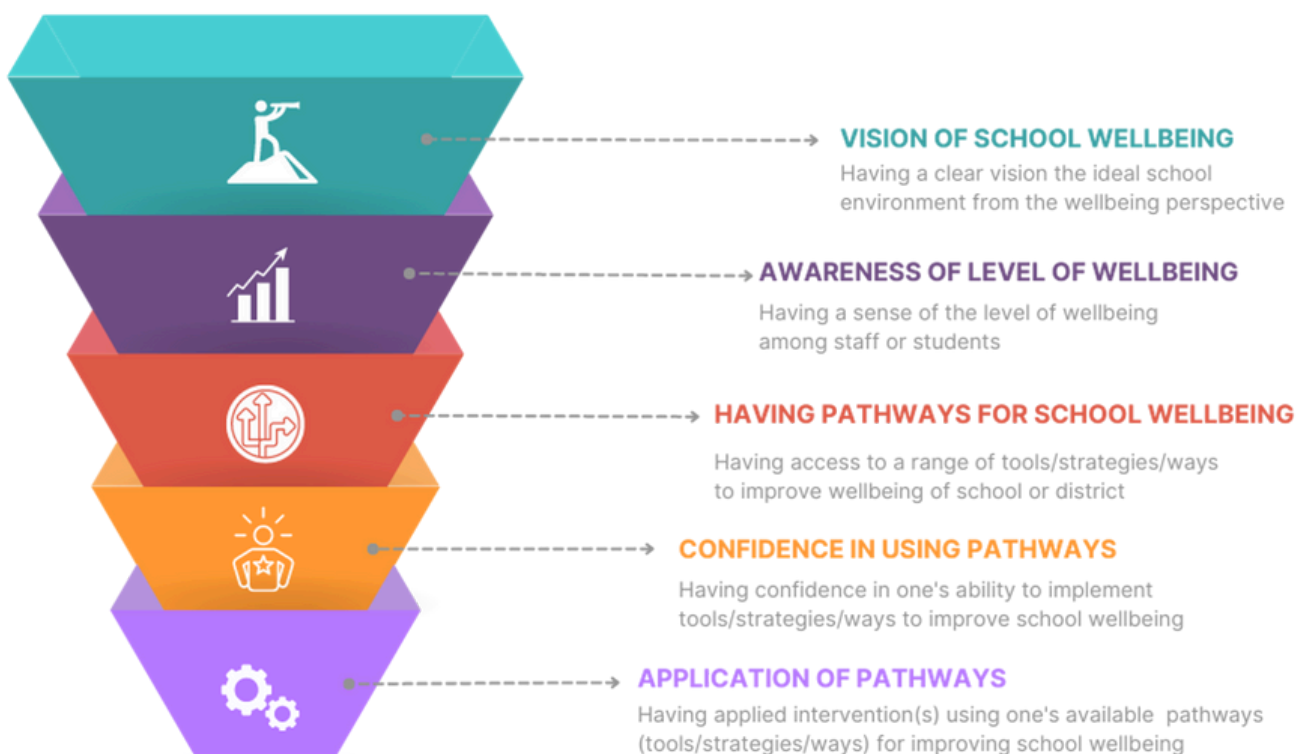
3 spheres of Influence in Work-place Wellbeing



FROM VISION TO APPLICATION

Applying wellbeing to an organization means assessing the readiness of leaders to implement change. Leaders must feel good in their minds and bodies and feel capacity to care for and support others. The Resilience Journey™ prepares leaders to be at their top game.

School Wellbeing Continuum



RESILIENCE JOURNEY™

A HOLISTIC APPROACH TO SUSTAINABLE LEADERSHIP WELLBEING, MORALE, & ENGAGEMENT



The Resilience Journey is a great first step for leaders who want to strategically foster individual and collective wellbeing in their schools.

COMPONENTS

	Element	Description
1	Resilience Journey Cohort Modules	- 8 sequential 60-90 minute cohort modules - Actionable take-home habit development challenges
2	R@W (Resilience at Work 1-1 Coaching) Optional	60 min coaching sessions per participant, includes personalized and validated R@W Resilience at Work assessment debrief.

Communication for Participants to be shared ahead of Series:

[Template of Intro Letter - SWBS Resilience Leadership Series.docx](#)



SERIES FLOW



Module 1:
Thinking Traps &
Learned Optimism



Module 2:
Character Strengths in
Leadership



Module 3:
Mindfulness, Breathing
& Biofeedback



Module 4:
Thriving Relationships &
Effective
Communication



Module 5:
Tools for Difficult
Conversations



Module 6:
Building Resilient Staff
Teams

DETAILED DESCRIPTIONS OF EACH SESSION

SESSION 1 – OPTIMISM MINDSET: EMBRACING THE POWER OF YOUR BEST SELF

Discover thinking patterns that may hinder resilience and learn reframing techniques to cultivate optimism. This session empowers you to approach challenges positively and embrace your best self, laying the foundation for resilient leadership.

SESSION 2 – CHARACTER STRENGTHS IN LEADERSHIP

Identify your unique personal strengths and learn to leverage them to boost leadership effectiveness and improve team dynamics. By aligning strengths with goals, you'll foster a leadership style that brings out the best in yourself and others.

SESSION 3 - MINDFULNESS, BIOFEEDBACK & POWER BREATHING

Explore mindfulness practices along with biofeedback and breathing techniques to reduce stress and increase focus. This session introduces scientifically-backed tools to build resilience, enhance well-being, and maintain composure in challenging situations.

SESSION 4 - THRIVING RELATIONSHIPS & EFFECTIVE COMMUNICATION

Develop the skills necessary for building resilient relationships through clear communication, active listening, and empathy. This session empowers you to connect meaningfully with others, fostering a supportive and engaged team culture.

SESSION 5 - TOOLS FOR DIFFICULT CONVERSATIONS

Gain practical tools and frameworks for navigating challenging conversations with confidence and compassion. Learn how to balance empathy and assertiveness, maintain psychological safety, and address conflicts constructively to strengthen team cohesion.

SESSION 6 - BUILDING RESILIENT STAFF TEAMS

Create a safe, inclusive environment where team members feel valued, essential for fostering innovation and collaboration. This session focuses on strategies for building resilient teams that can adapt, grow, and thrive together.



ABOUT SCHOOL WELLBEING SOLUTIONS

School Wellbeing Solutions (SWBS) is an educational consulting, training, and coaching company that specializes in using climate analysis, research-based resilience tools, and organizational psychology to help schools, districts, and organizations increase retention and wellbeing of high-performing leaders, teachers and staff. More information can be found at: schoolwellbeingsolutions.com

SWBS is on a mission to be the leader in wellbeing and resilience training, coaching, and consulting for U.S. K12 schools, districts, and organizations. Our professional learning programs are effective because they deliver three key benefits: effectively support leaders to 2) build resilience and capacity to 3) meaningfully support students and staff wellbeing.

Our staff are highly trained and experienced experts and master facilitators in the fields of positive psychology, wellbeing, thriving, organizational dynamics, stress management, burnout prevention, trauma-informed practices, leadership development, communication, high quality relationship, wellbeing assessment and strategic climate and culture improvement. Beyond teaching skills, we work with districts to align wellbeing into their operations, processes and strategy.



ABOUT FOUNDER MARTÍN BLANK, MAPP

Martin Blank, MAPP a former K12 teacher and administrator and current educational consultant and founder of School Wellbeing Solutions. He has worked with over 300 schools and districts and organizations invested in improving the well-being of students, teachers and staff through social-emotional learning (SEL) interventions and is the author of the Astronauts SEL turn-key 30-week curriculum.

His [research](#) with the University of Pennsylvania makes the case that SEL interventions should incorporate physiological measures of resilience into practice and assessment. He was the 2019 recipient of the Christopher Peterson Memorial Fellowship at the University of Pennsylvania's Master of Applied Positive Psychology program, where he studied with the world's leading researchers in the fields of human strengths, thriving, optimism, and resilience, including Dr. Angela Duckworth and Dr. Martin Seligman.

He has personally reached over 15,000 teachers, students, and administrators, is a grant-recipient from the Silicon Valley Community Foundation, Sequoia Healthcare District and Shinnyo-En USA. His work helping students and teachers manage stress in the wake of student suicides has been featured on PBS Nova's [The Future of Schools](#). Martin lives in Lawrenceville, NJ with his wife and three kids under three. He can be contacted at martin@schoolwellbeingsolutions.com



Personalized



If you're looking for professional development that is transferable in all aspects of life, I think this is it.

It allows you to focus on where you want to start, whether it's in your school, whether it's personally. Whether it's professionally, whether it's your own relationship with yourself or a partner, it really caters to where you're at and what you're ready for.

Nicole Bootier

5th Grade Special Ed Teacher
Cinnaminson School District





RESILIENCE JOURNEY™

Not a lecture



“Most professional development will tell you that the answer you're looking for is out there and we're going to give it to you. We're the solution as the provider. **This isn't that.** This is empowering others to find the answers and solutions within. The solutions are all there. To not only enjoy the work but to enjoy the company of each other, being a better human being, and also being more productive. All those answers exist in all of us if you know how to tap into them. And that's what I think this training does that no others do.”

Dr. David Gentile
Superintendent



THE EWING
PUBLIC SCHOOLS
"Providing a Foundation For Life"





Highly applicable



There's not often times where you can do some professional development with your leadership group that helps them grow as people, grow as a team and give them some tools and strategies that they can use immediately with their staff. The Resilience Journey offers that.

Dr. Ross Kasun

2017 New Jersey State
Superintendent of the Year
Former Lawrence Township Superintendent





Practical



“Martín is a vital part of any school’s effort to help adults and kids build their emotional and mental resilience. Educators cannot neglect the importance of building the stamina required to make it through an entire academic year, and Martín knows exactly how to help everyone implement highly practical and effective strategies to enhance this stamina.”

Dr. Scott Taylor

**Superintendent,
Township of Union Schools**



Questions?

Sign up directly with Ulster BOCES!
For program questions, reach out to SWBS:



info@schoolwellbeingsolutions.com



(510) 338-2650



schoolwellbeingsolutions.com



[linkedin.com/company/schoolwellbeingsolutions/](https://www.linkedin.com/company/schoolwellbeingsolutions/)

