



Network Practices: Resilience

Promotional Event

The Terraces of Phoenix

Hold a promotional event prior to the first session, featuring a personal story of resilience, to generate interest and excitement. Participants may also purchase books at this promotional event, allowing them to review the text ahead of time, if they wish to do so.

Incorporate Movement

The Terraces of Phoenix

Encourage movement outside of the "Keep Moving" session by starting a walking group with participants. This group may expand to include walkers who are not attending Resilience sessions (it may even be promoted with flyers and invitations), but still benefit from the walking group.

Intergenerational Challenge

The Terraces of Phoenix

If the community does not have a strong intergenerational resource, take this time to explore why that may be, and develop strategies to make this portion of community culture stronger. In the meantime, get creative with alternative options. One example is showing episodes of "Kids Say the Darndest Things," in place of the Kids' Day session.

Now What?

The Terraces of Phoenix

Expand on the final session of Resilience by throwing a party to celebrate the completion of the series. This party could include coaching questions for participants that expand on the goals they have discovered for themselves during their experience. In addition, this may be a good time to encourage participants to become Resilience facilitators for the next group: a great way to remain engaged and empowered while teaching others and sharing their experiences.

Story Compilation

Multiple Communities

Collect stories of resilience from residents and compile them into a community book. Low cost, professional books can be created using a variety of online services. Include photos and quotes for a personal touch, and consider offering the book as a welcome gift for prospects.