

### DESCRIPTION

Building resilient staff, teams, and organizations is foundational to creating trauma-informed services. Helping professionals are at risk of experiencing issues that mirror those of their clients who are facing trauma. Exposure to trauma, combined with a stressful work environment, can have dangerous consequences for the physical and emotional health of those who provide services. Knowledge is the best defense against burnout, vicarious trauma, and compassion fatigue. This training goes further than other self-care trainings by addressing the role of team culture in building healthy programs, and by identifying the critical elements of health that enhance productivity and quality of work. Utilizing research in neurobiology, psychology, and business, this training provides skills for individuals and teams to be more effective and efficient at work.



### FACILITATED VIRTUAL TRAINING:

Virtual trainings are live, facilitated workshops offered using the Zoom platform. Our programs are designed to build confidence and competence by offering opportunities to practice new skills (with activities such as scenarios, reflections, demonstration/modeling, discussion, role & real play, collaborative whiteboard). Each facilitated virtual training includes an *Activity* handout that supports the interactions included in the session, a *Practice Tools* handout that supports implementation and continued learning after the training, and a *Slides and References* handout of the material covered. We understand that adult learning requires ongoing practice, and we work with organizations to support staff beyond their online or virtual trainings, through coaching, practice sessions, and facilitation guides that can be used to encourage continued learning.

### CURRICULUM

The Thrive curriculum can be customized to focus on the particular needs of your program or service. Coldspring recommends dedicating 4 to 8 hours.

#### **Building Team & Individual Resilience Training Series**

- Thrive: Building Team Resilience (2-4 hours)
- Thrive: Building Personal & Professional Resilience (2-4 hours)

### ENROLLMENT

There are two options for managing learner enrollment.

- Coldspring Center can manage enrollment: The client will send an email with the names and email addresses of the learners they wish to enroll to a Coldspring Center project staff, who will enroll the learner(s) within 2 business days (typically, same day).
- Client can manage enrollment: The client will be provided with a URL to the Learning Center and an access code, which they will then provide to any learner(s) that need to be enrolled.

## EVALUATION, CERTIFICATES, AND CONTINUING EDUCATION CREDITS

If requested, a training evaluation and final report will be provided at the completion of the training. Individuals who complete the training will earn a certificate of completion, and if eligible, Continuing Education Credits (CECs). Coldspring Center partners with the National Association of Social Workers – Colorado Chapter (NASW-CO) to provide the CECs. It is the responsibility of the organization/individual learner to confirm that their specific licensing body will accept CECs from NASW-CO.

## RECORDING ACCESS

Facilitated virtual training can be recorded, but this must be agreed upon beforehand and does include additional costs. Coldspring recommends thinking through this carefully. Recording sessions can have a negative impact on learner participation in the facilitated training. It is also not as effective as a recording because of the interactive nature of our training.

## TECHNICAL REQUIREMENTS

Learners will need access to the following:

- Computer or tablet, phones are not recommended
- Browser: must support cookies, and use the most recent version of Google Chrome, Microsoft Edge, Mozilla Firefox, or Apple Safari
- Speakers/headphones/earbuds - for learners with hearing impairments, full script is available
- Webcam

To access courses, training materials, evaluation, and certificates of completion, learners will have an account in the Coldspring Learning Center: <http://coldspringcenter.org/LearningCenter>. Facilitated virtual training is offered using Zoom (unless otherwise agreed upon).

## SERVICES

<b>Services Available</b>	<b>Cost</b>
Facilitated virtual training – for each 2-hour training	\$1,200
Technical assistance, coaching, systems implementation support (optional)	\$150/hour
Recording access – for each 2-hour training (optional)	\$600

## CONTACT US

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