



Butte College
The Training Place



Resiliency Zone Training

Train your staff in resiliency skills - at no cost!

Email: thetrainingplace@butte.edu or Call: 895-9015

Community Resiliency Model

The goal of this training is to introduce the Community Resilience Model (CRM) and help create “resiliency-focused” spirit in the workplace. You will gain common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach while at work or at home. The “Resiliency Zone” may get bumped out of its natural rhythm and the capacity to handle even daily life events may be difficult. The skills will help you bounce back into your Resiliency Zone so that you can feel like your “best self” more often.

This 3-hour training is presented by Emiliano Jimenez-Cornejo and is available in English or Spanish at your *location or at Butte College Skyway Center, Chico. The ideal class size is 12-20 participants.

As a result of this training, you will:

- Gain an understanding of how human beings respond to stressful experiences and have shared capabilities of being resilient to restore balance in your life.
- To learn how to stabilize your nervous system so that you can be in your Resilient Zone more often and for longer periods of time.
- Learn the six CRM® wellness skills designed to help you track your own nervous system responses in order to bring the body, mind and spirit back into greater balance.
- Gain the skills to experience a greater sense of control and ability to overcome adverse situations daily.
- Leave the training empowered to bring the “Resilient Zone” tools back to practice at your workplace to maintain a positive and focused work environment spirit for yourself and others.

Instructor

Emiliano Jimenez-Cornejo
Certified CRM Trainer

Please contact The Training Place for information about scheduling a training.
thetrainingplace@butte.edu, 895-9015

*Trainings at your location must have a room for suitable for a PowerPoint presentation (projector).



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