

Raw Coping Power

From Stress to Thriving

Tool-Kit

for coaches and facilitators



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TOOL #1

Telling Your Resilience Story

Purpose: To reinforce your identity as a person who not only copes with stress but also thrives from stress and continues to learn about resilience with and through others.

Description: Do this alone as a journal exercise with the facilitated questions and/or prepare a time where you gather with others to share. To create a sense of safety and intimacy, a general rule is to allow about ten to fifteen minutes a person in a group of four to eight people. This meeting can occur in a variety of settings: after a shared meal, on a spiritual retreat, or as part of a broader stress management workshop. Here are some general guidelines for announcing and facilitating the meeting.

TELLING YOUR RESILIENCE STORY (ANNOUNCEMENT)

Every person has challenges that shape their character, help them grow, and make them stronger. What challenges have you faced that helped you define your inner strength? Join us to share and learn from each other in the spirit of growth.

Our Resilience Stories (Guidelines & Questions)

Each group requires a facilitator whose role is to announce the CHAT guidelines, ensure everyone agrees and abides by them, monitor participant time, and model active listening.

Step 1. Read the guidelines and ask everyone to raise their hand or say yes in agreement:

(C) Confidentiality: What's said here stays here; (H) Honor: Give your full respect and attention when it is others' time to speak; (A)

Anonymity: Avoid using the names of other people in your own story to show respect for them; (T) Trust: Make sure everyone gets an opportunity by honoring time limits.

Step 2. Read the following questions: The following questions work in different ways for different people. Feel free to answer any one or all as you feel comfortable. (1) Is there a story of resilience that inspires you? (2) What challenges have made you stronger? Why? What strength do you now have as a result? (3) How have you continued to, or how will you, cultivate this strength by creating or facing new challenges?

Note. After each person finishes, take a minute to have one or two people in the group share their gratitude and point out the positive strengths revealed in the story.

JOURNALING

If you have never written in a journal before, you can use *Raw Coping Power* to get started. You can enhance the exercises in this section by writing your responses in your own personal and private journal and watch your growth over time.

Keeping a journal is a positive way to chart your own course of self-discovery with a purpose or goal. Your goal can be raising your set-point, transforming stress, facing and overcoming a particular challenge, starting a new chapter in your life, or simply navigating and exploring the tools in this chapter. Some readers also prefer to write their responses on a separate page and not write in this book. To get started simply purchase a blank, bound book and favorite special pen.