



NATIONAL  
RESILIENCE  
INSTITUTE

Cultivating Resilience in a Complex World

February 14, 2019 | 9:00am – 4:00pm  
The CRST International Graduate Center  
1650 Matterhorn Drive NE, Cedar Rapids, IA



## MEET YOUR TRAINER

**Lisa Cherry, MA ED**, an author and Doctoral Researcher from Oxford Brookes University, is a leading international trainer and consultant who equips community helpers and crisis responders to work in the area of human resilience with deep purpose, connectedness, strength, and joy. Teaching from lived experience and nearly three decades of working within social care and education, Lisa shares real life stories and lessons learned from various settings. Her training provides an overview of how trauma impacts human development and facilitates personal resilience development, including self-awareness and vulnerability practices, and shares strategies to strengthen collaborative community resilience building.

## AGENDA

8:00 – 9:00 am	Registration
9:00 – 10:30 am	Understanding Trauma and Response Basics
10:30 – 10:45 am	Morning Break
10:45 – 12:00 pm	Meeting Our Need for Safety
12:00 – 1:00 pm	Lunch
1:00 – 2:15 pm	Growing Our Resilience Skills
2:15 – 2:30 pm	Afternoon Break
2:30 – 3:15 pm	Building Community Resilience with Case Study and Lessons Learned

*This training is brought to you by the National Resilience Institute, as part of a Resilience First Aid project funded by a Linn County Iowa mental health grant.*

AGENDA

