



GARRISON INSTITUTE

Resilient Leaders Network

Join a cohort of non-profit leaders to explore new strategies for creating a culture of care within your organization. Support your own and your employees' ability to "be well to serve well"!

What will you gain from participating in the network?

You will:

1. Understand the effects of stress in the workplace and how it affects your staff, leadership, and organizational effectiveness.
2. Cultivate the skills of emotional intelligence and self-reflection to improve effective communication and sound decision-making in organizational leadership.
3. Learn contemplative-based (mindfulness) resilience tools that you and your staff can use to bolster your resilience and regain balance when faced with challenges.
4. Create an organizational implementation plan to bring the skills of awareness, balance, and connection to your team.
5. Learn compassion-based strategies to cultivate a community of care at your workplace that supports staff well-being and contributes to your organizational mission fulfillment.
6. Connect with a supportive peer community of nonprofit leaders to support your personal and professional development.

Network benefits include:

1. **ABCs of Resilience 6-hour virtual course** – The ABCs of Resilience course is an interactive virtual course that is delivered as three (3) two-hour live Zoom sessions. Through this course, you will gain a toolkit of skills you can use immediately in the workplace to boost your own resilience and support the well-being of your staff. You will learn about the building blocks of the Contemplative-Based Resilience (CBR) Project approach:

- Awareness of the neurobiology and psychology of stress, its causes and impacts;
- Balance of the body and mind through meditation, mindful movement, and emotional awareness;
- Connection with yourself, and with the people you serve, through reflection and action

You will learn about the ways in which contemplative and somatic practices can be utilized to mitigate the negative effects of stress and prevent burnout in the nonprofit sector. Explore the mindsets you hold that might be depleting your energy and optimism, and explore the mindsets you can adopt to foster more resilience over time. The course will invite you to engage in self-reflection, skill practice, and application of the CBR approaches to your particular organizational setting.

Social Work CEUs: 6.0 contact hours are approved for NY LMSWs and LCSWs, LMHCs and LMFTs through National Association of Social Worker (NASW). Full attendance is required; no partial credit will be awarded for partial attendance. License number and post-test completion are required to achieve CEU credits.

2. Resilience in Leadership Webinar Series – This series consists of three (3) live, one-hour webinars featuring invited guest speakers who will present on critically important contemplative resilience leadership skills. Interact with experts from the field and receive answers to your questions from professionals who are uniquely situated to provide guidance and expertise. All webinars will be recorded for repeat viewing or for those unable to participate.

- Part 1 - [Compassion at Work](#), presented by organizational psychologist [Monica Worline, PhD.](#), author of *Compassion at Work: The Quiet Power That Elevates People and Organizations*. This webinar will be based on Dr. Worline's extensive research on what leaders can do to cultivate positive and productive workplaces. She will explore how to envision, understand, design, and lead for compassion competence within a nonprofit setting. The talk will include real-life examples of resilient leadership in times of crises. Dr. Worline will present key action steps that leaders can implement in their respective organizations to cultivate caring workplaces that boost collaboration and mission-driven outcomes. Dr. Worline is a research scientist at Stanford University's Center for Compassion and Altruism Research and Education, and is the Executive Director of CompassionLab.
- Part 2 - [Leveraging Mindfulness in the Workplace](#), presented by social entrepreneur and executive coach [Sander Tideman](#), author of *Triple Value Leadership*. Leaders are tasked with making dozens of decisions a day that impact workplace culture, productivity, and mission fulfillment. Based on Mr. Tideman's 30 years of experience exploring mindfulness and its benefits, coupled with research from the fields of psychology and organizational development, this webinar will demonstrate the transformative power of applying mindfulness at work. Mr. Tideman will provide examples of the ways in which mindfulness skills can enhance relationships, creativity, divergent thinking, perspective-taking, respect for diversity, and emotional awareness and intelligence. This presentation will provide leaders with clear steps for engaging in mindfulness practices for professional leadership development and success.
- Part 3 - [Embodying Resilient Leadership](#), presented by [Madeline Garcia Bigelow, Esq.](#), Assistant Director of the NYC Urban Justice Center (UJC) and Director of the UJC's Domestic Violence Project. Ms. Garcia Bigelow participated in [Garrison Institute's CBR Women's Leadership Retreat in 2019](#), and she has stated that it deeply influenced her work and leadership at the Urban Justice Center. In this webinar, Ms. Garcia Bigelow will share her first-hand experiences about the ways in which CBR practices have supported her well-being and her resilience as mission-driven leader in a challenging field of work. She will discuss the interconnections between inner and outer leadership, offer insights on how organizational leaders can intentionally support their own personal and professional growth, and share strategies to build a resilient team.

3. Retreat at the Garrison Institute –

Attend a retreat at the Garrison Institute and enjoy our beautiful grounds. Choose from a menu of activities designed to help you re-center, rest and recharge. The retreat spans from Friday to Sunday, with the option to arrive and depart as you like. Take a break from your hectic workload and find solace in a collaborative environment alongside fellow leaders. You may try nature bathing, yoga class, and mindfulness, and delve into guided practice of contemplative skills from

the ABCs of Resilience course, discussing their application to personal leadership and organizational development. Workshop with peers and Garrison faculty to develop an implementation plan for creating a culture of care within your organization.

4. Consultation & Technical Assistance - We know that it can be difficult to integrate new skills and techniques gained amidst busy days and old habits. You will have an opportunity to participate in bi-monthly drop-in consultation sessions with Garrison Institute faculty and fellow leaders as you implement the skills learned in the Resilient Leaders program into your day-to-day work.

About the Contemplative-Based Resilience Program

The Contemplative-Based Resilience Project (CBR) was developed in 2004 by meditation teacher Sharon Salzberg, Garrison Institute Co-Founder Diana Rose, and an interdisciplinary team of researchers in the fields of psychology, health, and contemplative and compassion science. The project was designed to support “front-line” workers, or professionals who are exposed to secondary traumatic stress through their work in the helping professions. The purpose of the Project is to provide tools for resilience that can prevent burnout and help participants “be well, to serve well.” Rooted in the latest scientific research, CBR introduces the neurobiology and psycho-social aspects of stress and resilience, and then presents secular mindfulness practices, somatic (movement and body-based) practices, and compassion as an antidote to the empathic distress that impacts the mental and physical well-being of many direct service professionals. Since its founding, CBR has served professionals and leaders in the social services sector and nonprofit sectors, humanitarian aid, government and legal aid, first responders, healthcare and more.

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Questions?

For more information contact christa@garrisoninstitute.org or elisabeth@garrisoninstitute.org.

For more information on CBR visit:

<https://www.garrisoninstitute.org/initiatives/programs/contemplative-based-resilience/>