

***Looking to reduce your stress and restore a sense of inner wellbeing?***



## ***Join a We Are Resilient™ Learning Circle!***

**Learn how to gain balance by centering yourself.**

Through virtual small group exercises, examine your protective patterns and practice simple, effective, research-based **centering** skills.

*Six weekly 1 hour sessions on Zoom*

***Dates/Times TBD***

***Starting week of Sept 14, 2020***

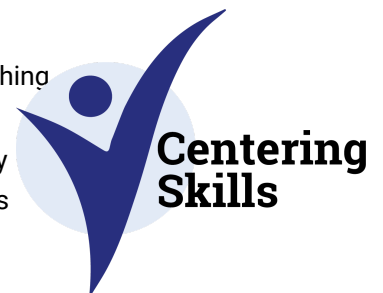
**We Are Resilient™ helps us move...**

*from **Protective Patterns***

- Distrusting
- Hypervigilance
- Hyper-Caretaking
- Avoiding
- Defending
- Attacking

*to **Centering Myself***

- Creates balance
- Calms using mindful breathing
- Restores inner wellbeing
- Relieves stress and anxiety
- Reduces negative thoughts
- Focuses on the present
- Helps us achieve personal goals



# We Are Resilient™ Learning Circle Outline



## Welcome Circle

- 30 minute optional meet and greet
- Introductions
- What to expect

## Session 1

- Opening
- We Are Resilient™ overview
- Identify the **Protective Patterns** we use

## Session 2

- Check in and Protective Patterns reflection
- Introduce Centering Skills
- Explore **Noticing Myself** and **Breathing Mindfully** through experiential activity
- Provide practices to strengthen the two skills

## Session 3

- Check in and Protective Pattern reflection / Centering Skills practice reflection
- Explore **Letting Go** and **Finding Gratitude** through experiential activity
- Provide practices to strengthen the two skills

## Session 4

- Check in and Protective Pattern reflection / Centering Skills practice reflection
- Explore **Nurturing Myself** and **Positive Reframing** through experiential activity
- Provide practices to strengthen the two skills

## Session 5

- Check in and Protective Pattern reflection / Centering Skills practice reflection
- Workshop Protective Patterns and relationship to Centering Skills
- Provide reflective activity

## Session 6

- Check in and Protective Pattern reflection / Centering Skills practice reflection
- Resiliency reflection and sharing
- What's Next: Connecting and Collaborating



Learn more: [dovetaillearning.org](https://dovetaillearning.org)