

Becoming a Resiliency Coach

Building Resiliency for Florida's children and families is a top priority of the Florida Department of Education. Florida is taking a first-of-its-kind approach to reframe mental health to help children become resilient. Resiliency characteristics, such as grit, perseverance and problem solving can be applied in a variety of situations, whether a student is improving a course grade, participating on a team or recovering from a natural disaster.

To become a Resiliency Coach, you must have met current volunteer screening requirements with the local school district and complete an online training with a 4-hour volunteer practicum.

Resiliency Coaches will serve as one of the first layers of support. Resiliency Coaches are trusted adults who are trained to support children as they build resiliency to face day-to-day challenges. When children build resiliency, they have better academic achievement, better attendance and a greater ability to set short- and long-term goals.

Step 1: BACKGROUND SCREENING REQUIREMENTS

Step 2: COMPLETE ONLINE TRAINING

Step 3: COMPLETE 4-HOUR VOLUNTEER PRACTICUM

For more information visit

<https://www.buildresiliency.org/resiliency-coaches>