



RESILIENCY COACH TRAINING GUIDE

For District Volunteer Coordinators: 4-hour practicum

November 7, 2024

RESILIENCY COACH OVERVIEW



Role: Resiliency Coaches are trusted adults able to support all students as they build resiliency to face day-to-day challenges.

Training: Online training + 4-hour volunteer practicum

Target Audience: Parents, grandparents, school volunteers, mentors

Eligibility: Parents, grandparents, school volunteers and mentors, with a current background screening, are eligible to become a Resiliency Coach.

Stipend: Participants are eligible for a \$150 stipend upon completion of the online training, 4-hour volunteer practicum and final survey. Completion of the requirements for payment of the stipend will be confirmed by the district volunteer coordinator. The University of South Florida (USF) will issue the stipend on the behalf of the Department of Education and will communicate directly with the Resiliency Coach.

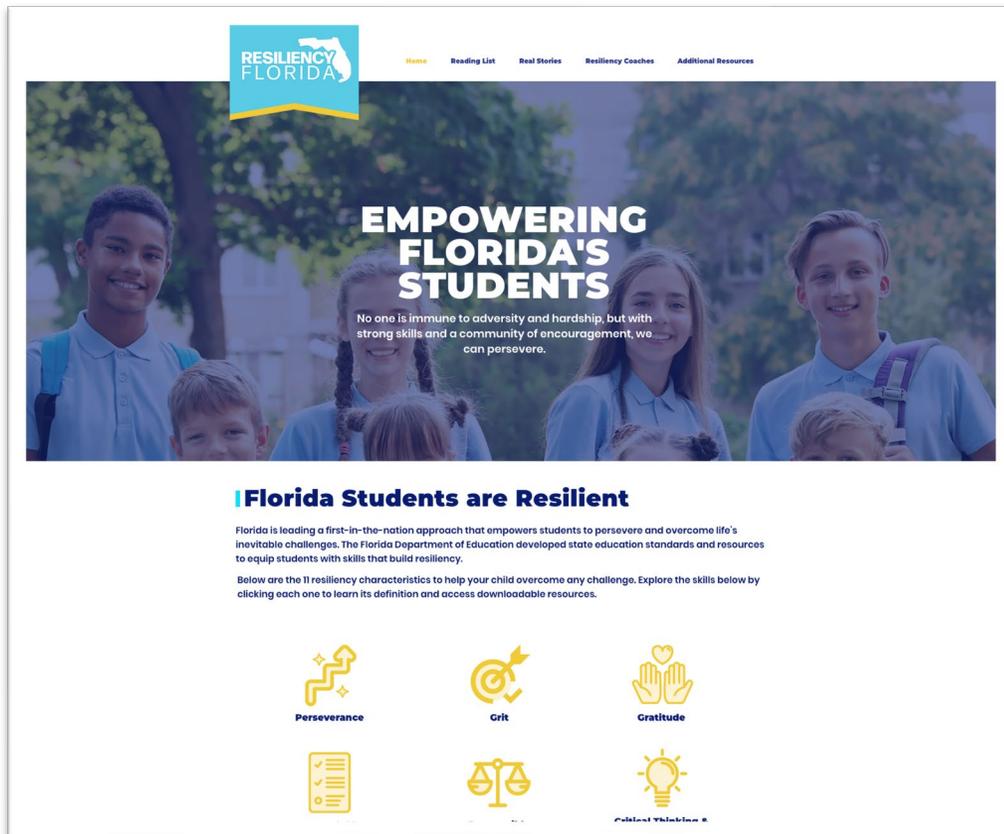


**RESILIENCY
COACH
TRAINING**

ONLINE TRAINING



Potential Resiliency Coaches can sign up for the online training at buildresiliency.org.



The online training, located on buildresiliency.org, consists of the following modules:

Module 1: History of Resiliency Florida

Module 2: Resiliency Coach 101

Module 3: Resiliency Education in Action

Module 4: Next Steps

4-Hour Volunteer Practicum

The 4-hour volunteer practicum, facilitated by the school district, provides an opportunity for the participant to practice Resiliency skills learned in the online training. The practicum will:

- Be held at a site designated by the district
- Be aligned with the Resiliency Florida initiative
- Be completed at one time or over several sessions
- Include a short exercise describing the Resiliency skills learned and practiced
- Come with a Resiliency Florida Coach certificate upon completion





RESILIENCY COACH TRAINING IMPLEMENTATION

Registration and Online Training

Step 1: Participant fills out the Resiliency Coach Interest Form located on the Resiliency Florida website:
buildresiliency.org.



RESILIENCY FLORIDA

Home Reading List Real Stories Resiliency Coaches Additional Resources

BECOME A
RESILIENCY
COACH

REGISTER FOR
**RESILIENCY
COACH
TRAINING**

Fill out the form below to register for Resiliency Coach Training. Your District Volunteer Coordinator will be in touch soon with more information.

First name

Last name

Email

Phone

County School District

How did you learn about Resiliency Florida?
 BuildResiliency.org
 School District

Social Media
 Community Event
 Other

Are you currently a volunteer in your county school district?
 Yes
 No

The Resiliency Coach training includes online training and a 4-hour volunteer practicum requirement. Can you complete these requirements within 30 days?
 Yes
 No

Resiliency Coaches are eligible for a \$150 stipend upon successful completion of the online training, 4-hour volunteer practicum and final survey. Are you interested in receiving the stipend?
 Yes
 No

Are you looking for additional information? Please enter your questions below, and someone will be in contact with you.

Submit

Registration and Online Training

Step 2: District Volunteer Coordinator receives the submission from BFCO contact and ensures participant meets district's volunteer screening requirements for working directly with students (e.g., a current Level 1 background check or higher). District Volunteer Coordinator sends the applicable communication to the participant.

Step 3: District Volunteer Coordinator adds participant information to the Articulate platform and the system sends a registration link to participant.

Step 4: Participant now has access to the Resiliency Coach Training on the Articulate platform and completes each module of the online training.

Step 5: District Volunteer Coordinator confirms when the participant finishes the online training.

4-Hour Volunteer Practicum and Stipend

Step 1: District Volunteer Coordinator confirms completion of the online training and provides instructions for the 4-hour volunteer practicum.

Step 2: Participant completes the 4-hour volunteer practicum and completes the Resiliency Coach Final Survey.

Step 3: District Volunteer Coordinator verifies the participant completed the 4-hour volunteer practicum and the Resiliency Coach Final Survey.

Step 4: BFCO staff will receive the Resiliency Coach Final Survey results and confirm with the District Volunteer Coordinator that the participant has completed the 4-hour volunteer practicum. BFCO notifies the University of South Florida (USF) if the participant should receive the stipend.

Step 5: USF contacts the Resiliency Coach with the next steps.



4-Hour Volunteer Practicum

For District Volunteer Coordinators

Guidance Documents



RESILIENCY COACH Volunteer Practicum Orientation



On behalf of the Florida Department of Education (FDOE), thank you for your dedication to Florida's students by learning more about building resiliency in students! Completing the 4-hour volunteer practicum is the next step in completing your Resiliency Coach training, followed by completion of the Resiliency Coach Final Survey.

ORIENTATION AGENDA

- ★ **The Resiliency Coach and School Volunteer Coordinator review:**
 - ▶ The 11 Resiliency Characteristics
 - ▶ Volunteer Practicum Guidelines
 - ▶ School-related rules, safety measures and volunteer expectations
 - ▶ School map
 - ▶ School contact information (including for the school and district volunteer coordinator)
- ★ **During the practicum, the Resiliency Coach should:**
 - ▶ Utilize the Resiliency Florida resources when working with students;
 - ▶ Model the Resiliency Characteristics with words and actions;
 - ▶ Use age-appropriate language when communicating with children;
 - ▶ Listen attentively and check for understanding;
 - ▶ Assist children with understanding the Resiliency Characteristics and how to apply them in day-to-day challenges;
 - ▶ Celebrate children's efforts when they exhibit Resiliency Characteristics; and
 - ▶ Keep the school administrator or designee informed of concerns, potential problems or unusual events.
- ★ **Questions and Answers**

FOLLOWING THE 4-HOUR PRACTICUM

The Resiliency Coach and the School Volunteer Coordinator:

- ✓ Briefly discuss the activities completed during the volunteer practicum.
- ✓ Ensure there is time and computer access, if needed, to complete the Resiliency Coach Final Survey (BuildResiliency.org). The Resiliency Coach can indicate that he or she would like to receive the \$150 stipend as part of the survey.
- ✓ Plan for the next volunteer opportunity!



Scan the QR Code
Above to Take the
Resiliency Coach
Final Survey

www.BuildResiliency.org

RESILIENCY COACH TRAINING Volunteer Practicum Guidelines



PARAMETERS FOR PARTICIPANTS

| DO'S | DON'TS |
|---|--|
| <ul style="list-style-type: none">✓ The Resiliency Coach online training is completed prior to the 4-hour volunteer practicum.✓ The participant must engage with students and practice using the Resiliency Characteristics learned during the online Resiliency Coach training.✓ The participant finishes the 4-hour volunteer practicum within thirty days of starting the Resiliency Coach online training.✓ Practicum hours must be completed with elementary, middle and/or high school level students. | <ul style="list-style-type: none">✗ The participant may not satisfy the 4-hour volunteer practicum with clerical or organizational activities (ex.-making copies, shelving books, etc.).✗ Volunteer hours completed prior to the online training may not be counted towards the 4-hour volunteer practicum requirement. |

PARAMETERS FOR DISTRICTS AND SCHOOLS

- #### EXAMPLE ACTIVITIES
- Participants must complete the four-hour volunteer practicum requirement through activities with students.
- ✓ Engaging with students in the media center;
 - ✓ During school or district athletic or fine arts practices or events;
 - ✓ Tutoring;
 - ✓ Mentoring;
 - ✓ Reading buddies;
 - ✓ Supporting students during a college and career fair; and
 - ✓ Civics, Math or Family Literacy nights.
- ★ Each school should make it easy for new Resiliency Coaches to practice what they have learned about Resiliency with students!
 - ★ The District's Volunteer Coordinator is the point of contact to confirm the 4-hour volunteer practicum has been completed.
 - ★ The District's Volunteer Coordinator should ensure that new volunteers starting the 4-hour volunteer practicum are introduced to the School's Volunteer Coordinator.
 - ★ District Volunteer Coordinators will be expected to nominate an outstanding Resiliency Coach at the end of the semester to recognize their contributions to the students they have coached.

COACH DEBRIEF

The School's Volunteer Coordinator should debrief with the Resiliency Coach after the completion of the hours. Sample questions to ask during the debrief are:

- 1 What Resiliency Characteristics were you able to support during your 4-hour volunteer practicum?
- 2 How did the student(s) respond?
- 3 What ideas do you have to support students during your next volunteer experience as a Resiliency Coach?



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Above to Learn More
About Resiliency
Florida or visit

www.BuildResiliency.org

Orientation Agenda



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- ★ Questions and Answers

Parameters for Participants



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Post 4-hour Practicum

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QUESTIONS?

BFCO_FamilyCommunity@fldoe.org





THANK YOU