

The Resilience Project Workshop Offerings

The Resilience Project of Greater Gallatin United Way offers the following workshops to community groups & businesses.

Scholarships/financial support available upon request.

Awareness Workshops

Let's Talk: How to Talk about Mental Health, Suicide & Other Difficult Topics

Participants learn basic information about the signs and symptoms of mental health and mental illness. At any given time, we are on a continuum between mental health and mental illness while we navigate internal biological and chemical factors and external environmental and social factors that impact our health. The more we notice and understand where we are on the continuum, the better able we are to respond. This workshop also offers compassionate and caring ways to approach someone who may be experiencing a shift in their mental health, including resources that may help in recovery.

Duration: 60 Minutes | Presenter: Various
Nonprofit Rate: Suggested donation | For Profit Rate: \$150

Toxic Stress & Resilience: The Science of Stress, Resilience and Wellbeing

Participants will be introduced to the NEAR sciences (Neurobiology, Epigenetics, Adverse Childhood Experiences Study, and Resilience) in an effort to increase understanding of the connection between toxic stress, its short and long-term impacts on health, and ways to cultivate resilience to improve wellbeing.

Duration: 120 Minutes | Presenter: Various
Nonprofit Rate: Suggested donation | For Profit Rate: Suggested donation

Mental Health First Aid for Youth

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Mental Health First Aid for Adults

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you skills and confidence on knowing how to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Duration: 8 hours | Presenter: Offered by TRP partners Bozeman Health, MSU, & Others
Nonprofit Rate: None | For Profit Cost: None

Foundational Workshops for Navigating Stress & Cultivating Resilience

Workplace Wellbeing: Stress Reduction and Resilience in the Workplace

Participants are introduced to the signs and symptoms of stress, the impacts on physical and emotional health and tools for building resilience in the workplace. This workshop explores individual and organizational strategies to avoid and intervene when there are signs of burnout. Participants will leave with tools for cultivating resilience in their work life.

Duration: 2 Hours | Presenter: Various

Nonprofit Rate: \$350 | For Profit Rate: \$500*

**No cost for Greater Gallatin United Way workplace giving partners.*

Renew! An Experiential Workshop for the Prevention and Treatment of Compassion Fatigue

An excellent workshop for care-givers and those on the “front lines” of helping others. Participants gain an understanding of what compassion fatigue is, its signs and symptoms, and how to prevent and treat it. Attendees learn about the five “antibodies” for compassion fatigue, the neuroscience of the stress response, the six resilience domains, identifying micro-tasks for building resilience, and create individualized plans for building resilience. Attendees will leave feeling renewed!

Recommended audience for this workshop is anyone who works with others who have experienced or are experiencing trauma. This includes therapists, social workers, counselors, peer supporters, educators, case managers, doctors, nurses, family service providers, animal care givers, probation/parole officers, law enforcement, faith leaders and parents of traumatized children.

Duration: 3.5 Hours or Customized | Presenter: Lynette Rodi**

Nonprofit Rate: \$875+ | For Profit Rate: \$1,500 for 0-25 persons or \$2,000 for 25-60 persons

Mindful Leadership

Participants learn skills to slow down, tune in, and become empowered to be their best selves at work, home and in life. The goal is for attendees to understand the impact of stress and take the necessary steps for prevention and treatment thereby enhancing their personal and professional lives. We explore the benefits of mindfulness meditation and how it applies to leadership excellence. Mindfulness meditation is time-tested and neuroscience-based. No experience with meditation is required. The workshop is intended for people at all levels of experience.

Duration: 90 Minutes, 2 hours, or 4 hours | Presenter: Lynette Rodi**

Nonprofit Rate: \$375/\$500/\$1,000 | For-Profit Rate: \$500/\$750/\$1,500

**Lynette Rodi is a licensed clinical professional counselor and a licensed addiction counselor in Bozeman and Livingston, MT. For over 18 years, Lynette has worked in inpatient and outpatient settings, with adults and adolescents. In recent years, Lynette turned her attention to supporting mental health professionals and other paraprofessionals who serve others. Lynette enjoys working as a trainer, consultant, supervisor, and retreat facilitator with the intent of offering support to the folks “on the front lines”.

Resilience Skills Practice Sessions and Series

Mindfulness and Meditation

Participants learn about the benefits of meditation and mindfulness and practice a variety of methods to quiet the mind and body to improve well-being. While many people associate meditation with quietly sitting, attendees will learn about all four meditation postures or methods: sitting, standing, lying down, and walking. Attendees will practice mindfulness of breath, mental activity, and body awareness and how mindfulness can be integrated into daily routines at home, work, and while out & about. Each method is effective at cultivating a sense of calm and clear mindfulness in the moment.

Duration: 90 minute intro session; 30 minute follow-up sessions available | Presenter: Various
Nonprofit Rate: \$250 for Intro Session; \$75/30 min | For-Profit Rate: \$400; \$125/30 min

10 Ways to Boost Well-Being

Participants practice research-based activities that boost wellbeing such as noticing nature, gratitude journaling, finding humor in life, goal visualization, finding silver linings, mindful breathing, self-compassion break and more. Attendees will leave with activities to foster wellbeing at work and home.

Duration: 2 Hours | Presenter: Various
Nonprofit Rate: \$350 | For-Profit Rate: \$500

Workplace Resilience for Managers: A Community of Practice to Support Wellbeing in the Workplace

The roles and responsibilities of managers and human resource professionals are complex and vary greatly. Managers and HR professionals tackle legal, ethical, social, and economic issues in the workplace. Organization leaders, including HR professionals, are facing a competitive job market, seeking new ideas around employee engagement, and addressing employee stress and burnout. This workshop was developed to support professionals in a variety of fields and capacities through a structured, professional group facilitated by a leadership and mental health consultant. These groups are often called “Communities of Practice” and aim to increase feelings of competence and confidence for people in leadership roles. Communities of Practice is defined as “a group of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.” (Etienne Wenger, 1998) This workshop is for those interested in building new leadership skills around supporting and enhancing the employee experience.

Duration: 1.5 Hour session per month for 6 months | Presenter: Various
Participants: 12
Nonprofit rate: \$250/individual for 6 month series | For Profit rate: \$500/individual for 6 month series

Workplace Yoga (Coming soon!)

Nature and Movement (Coming soon!)

Question, Persuade, Refer (QPR) (Coming Soon!)