

Strengthening Personal and Community Resilience Workshop

Date: 17-18 November, 2021- Day 1
Time: 4.00-7.00 PM

I. Opening Session

- + Playing of National Anthems- T&T and USA
- + Invocation - Ms Jacqueline Reid
- + Welcome – Hosts - Dr Dania Harry-Nero/ Ms Beverly King - ComTALK International
- + Remarks from - Dr Beverly Andrews, Project Coordinator
- + Remarks from - Caribbean Women's Health Association

II. Expectations, Ground Rules, Ice Breaker- *Ms Beverly King- ComTALK International*

III. *Pre-Test Poll*

IV. Meaning of Resilience and Types of Resilience - *Ms Michelle Lopez- CWAHA*

V. *Activity - Identifying types of resilience needed in everyday life*

VI. Why is Resilience Important and Characteristics of Resilient Persons - *Ms Hayla Jordan- Medical Social Worker I - Eastern Regional Health Authority*

VII. Factors that promote personal resilience - *Ms Hayla Jordan - ERHA*

VIII. How to develop and maintain personal resilience - *Ms Hayla Jordan -ERHA*

IX. 7 C's of Resilience in Children and Adolescents - *Ms Hayla Jordan -ERHA*

X. *Fun Quiz and Prizes !!!*

XI. Comments, Questions, Feedback on Day 1

END OF DAY 1