



Resources
FOR
Resilience

**PROGRAM
OVERVIEW**

2026

Resources FOR **Resilience**

13½ Eagle Street, Suite K | Asheville, NC 28801
ResourcesForResilience.org

Find us on    

ABOUT RFR

Founded in 2017, Resources for Resilience (RFR) is a North Carolina-based nonprofit that strengthens people and communities by making the science of stress understandable, practical, and actionable. We make evidence-informed tools accessible so people can better understand and respond to stress in everyday life. Through partnerships with organizations and communities, RFR has reached more than 30,000 people across North Carolina. Our work focuses on disaster response and preparedness, workplace wellness and burnout prevention, and youth and family programs, including support for those caring for aging loved ones.

WHY PARTNER WITH US

Our certified Resiliency Educators teach about stress, the brain, and the human nervous system in a way that people of all ages can understand.



THE TOOLS

Our practical tools are designed for real life. Easy to use and easy to share, they can be practiced anywhere to feel better quickly. It's a no-nonsense approach to managing stress that's available any time you need it.



THE SCIENCE

When hard things happen, we often shift into fight, flight, or freeze. This can help in an emergency, but it can also make it tough to think clearly, solve problems, and connect with others. We break down the science of stress so anyone can understand what's happening and what to do about it.



THE RESULTS

Participants say they feel better able to handle overwhelm and exhaustion during difficult times. With regular use, these tools can also ease daily stress, strengthen relationships, and help build lasting resilience in ourselves and others.



OUR WORKSHOPS AT A GLANCE

RECONNECT FOR RESILIENCE™

Simple Tools. Powerful Results.

Reconnect for Resilience™, our flagship 2-day training, teaches about the biological effects of trauma and stress and offers easy-to-use, sharable tools that are designed for real life — whether you're stressed at work, in your car, or even at the store.

- Length: 14 hours (2 days or 5 shorter modules)
- Format: In-person or online
- Languages: English or Spanish
- Capacity: Up to 40 participants

RESILIENCY CHAMPIONS

Advance Your Resiliency Journey.

This 1-day certification program is designed for enthusiastic professionals and community leaders who have completed our signature Reconnect for Resilience™ training and want to inspire meaningful, positive change using the RFR Resiliency Tools.

- Length: 6 hours (1 day)
- Format: In-person
- Languages: English
- Capacity: Up to 25 participants

RESILIENCY AMBASSADORS

Teach the Tools. Build Resilience.

This 2-day train-the-trainer program for existing Resiliency Champions allows participants to collaborate closely with RFR Staff and other Resiliency Educators to build the confidence and expertise needed to effectively deliver one of RFR's signature 1-hour presentations.

- Length: 14 hours (2 days)
- Format: In-person
- Languages: English
- Capacity: Up to 10 participants

RESILIENCY AMBASSADORS FOR YOUTH

Next-gen Leaders in Resilience.

High school students face unique challenges. This 8-hour program — delivered across 2 half-days — helps young leaders tap into their resilience, and access the tools they need to not only thrive themselves, but to also support their peers during hard times.

- Length: 8 hours (2 half-days)
- Format: In-person
- Languages: English
- Capacity: Up to 25 participants

RECHARGING RESILIENCE

Take Time to Recharge — So You Can Keep Moving Forward.

In this 1-day interactive workshop, you'll gain stress-busting tools you can use anytime, anywhere to recharge. This workshop is ideal for anyone navigating the demands of work, caregiving, or other high-stress roles.

- Length: 6 hours (1 day)
- Format: In-person
- Languages: English
- Capacity: Up to 25 participants

LEADING THROUGH HARD TIMES

Tools to Weather the Storms.

Leading through challenges and uncertainty is tough, but the right tools can help your team move forward with calm and clarity. In this 1-day interactive workshop, we create a shared language around stress management and shine a light on ways to help your organization thrive.

- Length: 6 hours (1 day)
- Format: In-person
- Languages: English
- Capacity: Up to 25 participants

LISTENING CIRCLES

We'll Get Through This, Together.

Big events can hit us hard and affect us in many ways. Our 1-hour Listening Circles are a chance for community members to lean on one another, highlight what is getting them through this difficult time, and practice tools to help with the pain, stress, or loss, right now.

- Length: 1 hour
- Format: In-person or online
- Languages: English or Spanish
- Capacity: Up to 10 participants

RECONNECTING THROUGH HARD TIMES

Turn Good Intentions Into Real Support.

When difficult things happen, we want to know how to support the people around us. This quick, but valuable 1-hour training offers first responders, volunteers, community leaders, and neighbors simple, powerful strategies to help others after a disaster.

- Length: 1 hour
- Format: In-person or online
- Languages: English or Spanish
- Capacity: Up to 25 participants

RECONNECT FOR BETTER DAYS

Better Days Start Here.

Have you ever felt so mad you couldn't think straight? Or found yourself endlessly scrolling on your phone after an overwhelming day at work? This valuable 1-hour presentation teaches why this happens to us and, most importantly, what we can do about it.

- Length: 1 hour
- Format: In-person or online
- Languages: English or Spanish
- Capacity: Up to 50 participants

KEEP LEARNING

Learning doesn't have to end when a training does.

There are several ways to stay connected and continue building resilience with us.

RESILIENT CONNECTIONS

Our free Resilient Connections practice groups are available monthly and give former RFR participants a place to stay connected, share experiences, troubleshoot challenges, and keep learning together.

- Length: 1 hour
- Format: Online
- Languages: English or Spanish
- Capacity: Up to 100 participants

RESILIENT FAMILY ADVENTURE

Blaze a Trail to Resilience.

This 3-hour community event — full of nature-inspired activities, arts, crafts, and stories — brings families together to celebrate the strength within us all. Journey through our stations, collect stamps on your Adventure Card, and uncover simple tips and tools along the way.

- Length: 3 hours (drop-in for families)
- Format: In-person
- Languages: English or Spanish
- Capacity: Up to 150 participants

EDUCATOR ESSENTIALS

Fostering a Resilient Future for All.

In this 1-hour presentation, educators and school staff learn new ways to promote safety and connection in schools and practice simple tools to help students de-stress and build resilience. We'll also explore how stress affects young people — and the difference trusted adults can make.

- Length: 1 hour
- Format: In-person or online
- Languages: English
- Capacity: Up to 50 participants

RESILIENT FAMILIES

Connected Caregivers. Resilient Youth.

Do ever feel frustrated when your child is upset and can't seem to hear you, or struggle to connect with your teen when they're having a bad day? You're not alone! This 1-hour presentation explores what you can do to help your child — and yourself — get through even the hardest days.

- Length: 1 hour
- Format: In-person or online
- Languages: English
- Capacity: Up to 50 participants

RECONNECT REFRESHER

Ready to revisit the Reconnect for Resilience™ tools and concepts? Our 2-hour online Refresher offers an opportunity to review core concepts, practice the RFR Resiliency Tools, and refresh your skills.

- Length: 2 hours
- Format: Online
- Languages: English
- Capacity: Up to 25 participants

OUR IMPACT

WHAT PARTICIPANTS ARE SAYING

"I want to express that in 24 years in education I believe this training has been one of, if not the most, impactful professional development experiences I have ever seen. Not only on a personal level but district-wide the participants that have received the training have shared what a support it has been. We are witnessing staff identify how much the strategies have helped them to regulate their own stress and anxiety but also offer this to students..... Staff have enjoyed the RFR training so much they have gone back to their schools and encouraged others to attend. Additionally, this past summer we expanded the training to include RAY (student ambassador training). We are proud of our work in this area and to be able to share this for both students and staff over these past few challenging years."

Reconnect for Resilience™ Participant

"I attended a Listening Circle today, and it was exactly what was needed. Being surrounded by others who truly understand what we're all going through here in western NC was incredibly grounding. These circles help reconnect you with your body, provide a space to share, and offer practical tools to manage the stress and overwhelm. It's not just about receiving sympathy; it's about real support from people who get it."

Listening Circle Participant after Hurricane Helene

"It was the perfect dose - the right length training and practical tools to use that fit into their day-to-day. Several staff shared the tools helped them see what they were doing was enough and described feeling more hopeful than before."

Reconnecting Through Hard Times Participant after Hurricane Helene

"As an early childhood educator who has had the [Reconnect for Resilience] training in a professional setting, I was blown away with how the RFR objectives were implemented to meet the younger target audience. What a creative and developmentally appropriate way to share RFR key concepts with kiddos and families. So impressive! And much needed for the community post-hurricane."

Resilient Family Adventure Participant

"As a leader, I often hear the myriad reasons that staff seek out a human service profession and, unfortunately, also hear the other side of the story when they decide to leave the profession they love (burnout, stress, compassion fatigue, vicarious trauma etc.). If we, as a community, offer the tools and connection for those staff to stay resilient through adversity, I strongly believe that our retention of well-qualified and compassionate staff would be better, as well as provide a huge perk for new staff coming into the profession to better take care of themselves from the beginning of their careers."

Leading Through Hard Times Participant



LET'S CONNECT

Contact us to schedule a workshop, speaking engagement, panel, or special presentation. We can tailor our programs to your audience and setting, bringing practical, accessible tools for understanding stress and building resilience. We also participate in community events through tabling and outreach.

Resources for Resilience

13½ Eagle Street, Suite K | Asheville, NC 28801
P: 828-367-7092 | E: info@resourcesforresilience.org

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