

360° RESILIENCE FACILITATOR RCT® BASIC CERTIFICATION

12 Modules Online Training For Facilitators, Trainers, Coaches and Leaders



This online certification offers you an introduction to our 360° Resilience facilitation process in 12 sessions. You will learn the research our method is based on. Using interactive exercises and tools, you will experience how you can use the Resilience Circle Training based on the Amann Bamboo Principle®.

The core of the training is 12 three-hour online sessions (via zoom). In the sessions you will learn the most important theoretical foundations and how to apply our resilience model at work, in coaching and delivering seminars. You will learn practical applications from the Resilience Circle Training based on the Amann Bamboo Principle®.

Target Group

The target groups of our resilience certifications are Facilitator, Trainer, Coaches, Leaders, Agile Coaches and people who accompany the current transformation processes into the world of work 4.0 and new work.

Content Training

- The crisis model and the 4 phases for increasing resilience
- Individual and organizational resilience development
- The Bamboo Principle®
- The integrative Resilience Circle Training (RCT®)
- The 8 resilience competence fields of the Resilience Circle Training (RCT®)
- 10 aspects of client engagement
- 360° Resilience facilitation approach
- Roles and tasks of the 360° Resilience Facilitator
- Slide-Decks, PDFs from the online sessions
- Archive of the 12 Online Zoom Sessions



Invest

- **Business:** € 2,400
 - **Reduced:** € 1,800
 - **Funded:** € 1,200
- Scholarship Applications available upon request

Leitung

Tor Carberry (Canada/Berlin)
Ella Gabriele Amann (Berlin)



DATES 2021

Okt/Dec 2021

- Session 1: Monday October 4th, 2021
- Session 2: Monday October 11th, 2021
- Session 3: Monday October 18th, 2021
- Session 4: Monday October 25th, 2021
- Session 5: Tuesday November 2nd, 2021
- Session 6: Monday November 8th, 2021
- Session 7: Monday November 15th, 2021
- Session 8: Monday November 22nd, 2021
- Session 9: Monday November 29st, 2021
- Session 10: Monday December 6th, 2021
- Session 11: Monday December 13th, 2020
- Session 12: Monday December 20th, 2020



Times: 5:00 p.m. to 8.00 p.m. UTC +2

Working with the Resilience Circle opened my eyes to resources and solutions – both for ourselves and for others. I find it a good instrument that helps us to go on an exciting journey of discovery to the sources of our strength, effectively, structured, and with pleasure. It also help me find creative ideas and approaches for consulting work and personal resilience.

Maria Participant, Resilience Circle Training



Infos & Reservation

ResilienzForum Akademie, Tor Carberry

Tel.: +49 (0)30 966 003 89 | tor@ResilienzForum-Akademie.com

<https://resilienzforum.com/6-days-360-resilience-facilitator-basics-en>

METHOD

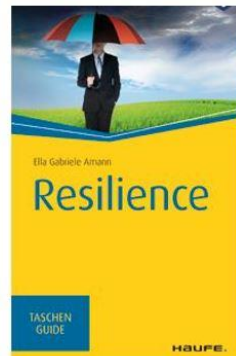
Resilience Circle Training (RCT) after the Bamboo-Principle®

Our passion to bounce forward

In the **Bamboo Resilience-Circle-Training** developed by Ella Gabriele Amann we describe key characteristics that help teams and their Leaders in dealing with crises, problems and stress. We use the bamboo resilience principle to cultivate more creativity and health at work.

The bamboo has always stood for a successful strategy for dealing with turbulent times: Bending with the wind instead of breaking. The bamboo allows mobility and flexibility, at the same time, it is also deeply rooted, stable and steadfast.

- **how to be prepared for the unknown,**
- **be flexible and adaptable,**
- **dealing with stresses and strains in a variety of ways,**
- **reacting with ease and emerging from crisis empowered and**
- **acting even more effectively.**



BAMBOO RESILIENCE TRAINING FOR WORK

Your benefits

- You learn how to use the Resilience Circle Training in **crisis prevention to integrate mind and body**
- You understand the connections between **individual and organizational resilience**
- You will learn to **differentiate resilience from stress resistance** and other approaches
- You will learn how the **Resilience Circle Training (RCT®)** is applied in coaching and process support
- You will learn how to make **theoretical models** of resilience tangible in the facilitation process
- You will experience **interactive training** approaches based on **Embodiment and our Applied Improvisation Framework (AIF)**
- You can easily incorporate the online certification process **into your job and everyday life**



Bamboo Resilience Training Takeaway

This online training offers participants multiple interactive activities, focused exercises, and plenty of opportunities to apply learnings to their work. Accompanying their training, participants take away:

- RCT Online Toolbox with Resilience Facilitator Starter Kit
- Video documentation of every session
- RCT resilience training work sheets
- 135 page Haufe Pocket Guide "Resilience" by Ella Gabriele Amann.