I am RESILIENT

A course on Mental Toughness

An entire sea of water can’t sink a ship unless it gets inside the ship. Similarly, the negativity of the world can’t put you down unless you allow it to get inside you.

GOI NASU

Self-Awareness
Learn to identify patterns in thinking and behavior, particularly counter productive patterns.

Self-Regulation
Teaches students to regulate emotions and behaviors to achieve goals. Stops counterproductive thinking.

Optimism
Find what is good while remaining realistic.

Mental Agility
Teaches flexible but accurate thinking.

Strength of Character
Get to know your top character strengths and how to use them to overcome challenges and meet goals.

Connection
Learn to build strong relationships by using positive effective communication.

Tom Nitschke
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What we can do for you:
Classroom ready curriculum
6 hour student workshops
Staff trainings (2-6 hours)
Meets ND suicide training requirements
Meets ND Mental Health training requirements

The Lessons
1. Introduction
2. Find the Positive
3. TTC (Triggers, Thoughts, Consequences)
4. Mind Sets
5. Mind Sets II, You are in Control.
6. ACR, Active Constructive, Response
7. Dealing with the Negative
8. Confirmation Bias
9. Character Strengths

The Curriculum
• Teacher book (includes resources for every lesson)
• Ready-made power points
• Student Workbook
• Activity sheet for every Lesson
• All supplies needed for every activity.

Everything is packaged by lesson, so teachers will be able to grab and go with each lesson.

This is a very hands on program. Each lesson contains approximately a 15–20 minutes presentation, a group hands on lesson, small group practice time and individual practice activity.

“ I had this class two years ago and find myself still looking at the binder and using the material.”
Tucker, 10th Grade Student

“I have used what I learned to help others with their day to day problems.”
Dalton, 8th Grade Student

“One of the best in-services I have been to.”
Emery Lindgren, Veteran HS Social Studies Teacher

“Looking back at the beginning of this year, learning the resiliency stuff has really helped my attitude and helped me be more positive.”
Jasmine, 9th Grade Student