

SPARTAN Resilience

Certificate Series



Spartan Resilience Education Certificate Series designed to help Spartans build skills and develop a basic framework for responding to all kinds of life challenges with resilience and value guide action. This educational series is open to students, faculty, staff, alumni, retirees, or family members. Sessions are offered live over the noon hour and will also be recorded for those who aren't able to attend live sessions, or wish to complete the course on their own time.

Any member of the Spartan community who attend all the classes offered as part of the series, within a 2-year period, will receive the Spartan Resilience Education Certificate.

Sessions are facilitated by Lisa Laughman, LMSW - Coordinator of Spartan Resilience Education.

2024

- **Building a Framework for Resilience** (3 Sessions)

- September 16, 23, and 30 - 12 p.m.
- *Learn and understand the Spartan Resilience Education Mission, Vision and Model. Learn the 6-word framework and begin to practice moving from upset, back to balance and forward with value guided action. Explore 3 principles of health human functioning and shift from an outside-in experience towards an inside-out understanding of your experience of life.*

Virtual Registration

- **Becoming a Good Gatekeeper of Your Own Nervous System** (3 Sessions)

- October 8, 15, and 22 - 12 p.m.
- *Gain increased capacity to recognize burnout in self and others and learn effective ways to complete your stress cycles as a part of your stress mitigation protocol. Grow your capacity to "map your stress response" and recognize when the need for a reset. Strengthen relaxation response as a means of deactivating stress response understand how to respond to stressors with the lowest, effective stress response possible.*

Virtual Registration

- **Understanding Shame and Building Shame Resilience** (8 Sessions)

- October 28, November 4, 11, and 18 - 12 p.m.
- *Give yourself the opportunity to understand the emotion of shame and build solid shame resilience skills. This discussion may change the course of your life – it really is that important. Learn to identify and deflect the shaming messages in our culture, families, workplaces, and community-based organizations.*

Virtual Registration

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2025

- **Informal Mindfulness** (3 Sessions)

- January 15, 22, and 29 - 12 p.m.
- *Learn informal mindfulness skills to help you find a sense of balance in your life. This class will teach you some basic, informal mindfulness skills that can help you center and find a sense of balance while you move through your busy days.*

Virtual Registration

- **Developing Emotional Resilience** (4 Sessions)

- February 4, 11, 18 and 25 - 12 p.m.
- *Start a new relationship with your emotions. Explore the difference between emotional literacy, emotional intelligence and emotional resilience. Discover how race, gender, gender identity, class and other human differences impacted what you were taught about emotional expression. Explore connection between emotional resilience and value guided living. Learn a framework to help you name and process the full range of human emotions.*

Virtual Registration

- **Increasing Your Psychological Flexibility** (4 Sessions)

- October 8, 15, and 22 - 12 p.m.
- *Join us to learn 6 core skills that will help you be more flexible, more effective, with less stress and upset. Learn to assess your current level of psychological flexibility and explore the 6 core skills of Acceptance and Commitment Theory (ACT). Discover ways to be present in the moment, open and relaxed, and able to do what matters most.*

Virtual Registration

- **Navigating Hard Times with Empathy and Self-Compassion** (4 Sessions)

- April 1, 8, 15 and 22 - 12 p.m.
- *When we are trying to move forward after a traumatic event, or significant loss, it is vital that we show up for ourselves in kind and loving ways. Explore what high quality self-care looks like during traumatic time and learn how to balance the challenge of early recovery with the need to meet our basic work-life obligations. This session will also give you some tips for how you can show up for your team members with empathy and love.*

Virtual Registration

- **Setting Healthy Boundaries** (4 Sessions)

- May 14, 21, 28 and June 4 - 12 p.m.
- *Explore how to know when you need to set a boundary and the different types of boundaries you may need to set. Learn how to navigate the unpleasant emotions that come up when we set boundaries (vulnerability, fear, guilt, shame, insecurity, doubt, etc). Discuss setting boundaries when there are power differentials in the relationships or you are in a marginalized/targeted social identity group.*

Virtual Registration



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Additional Courses



These courses are offered through Spartan Resilience Education, but are not part of the Certificate Series. Scan the QR to see a full list of Spartan Resilience Education opportunities.

2024

• **Making Space for our Adult Child's Choices**

- Date: September 18, 2024 - 7-8:30 p.m.
- *This session fosters a re-envisioning of your relationships from parent-child to adult parent – adult child. Learn to identify core values for this next chapter of parenting and discover how to make space for vulnerability, uncertainty and letting go of control. Increase your own thinking and behavioral responses that get in the way of support and connection.*
 - Kimberly Steed-Page, LMSW, Director, Student Parent Resource Center
 - Lisa Laughman, LMSW, Coordinator, Spartan Resilience Education

Virtual Registration

• **Navigating Election Season with Mindfulness (4 In-person Sessions)**

- Dates: October 7, 14, 21 and 28 - 12:30-1:45 p.m.
- Location: Student Services Building, Room 30 (*Limited seating- 12 seats are available*)
- *Election season can be stressful for some of us. It is easy to get swept away in fear based thinking and strong emotional reactions. In this session, learn to develop a strong mindfulness practice to help you navigate uncertainty and change while protecting our health and wellbeing. Join us to gain these skills while keeping yourself more grounded this fall. Brought to you by Mindful STATE and MSUvote.*
 - Renee Brown, MIEA Certified Mindfulness Instructor

In-Person Registration

• **Mindfulness for Educators (6 In-person Sessions)**

- Dates: October 1, 8, 15, 29 and November 12 and 19 - 5-5:30 p.m.
- Location: 305 Bessey Hall
- *If you are interested in incorporating mindfulness in your classroom consider joining us for this six-week series offered in partnership between the Mindful STATE Program and CAL Writing Rhetoric and Culture. Learn about the benefits of mindfulness and practice mindfulness meditations you can do with your students, by yourself, or both. Participate in reflective writing experience related to mindfulness. Engage in discussion and troubleshooting about how to incorporate mindful wellbeing into your academic and/or personal life.*
 - Tracie Swiecki - MIEA Certified Mindfulness Instructor

In-Person Registration

