



# Learning Circle Discussion Guide

## Brief Resilience Scale

### Directions

In your self-defined Learning Circle, a peer facilitator leads a discussion and/or role-play leveraging the talking points below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work and ultimately impact those individuals you serve.

### Discussion Questions

1. What does the concept of resilience mean in your work?
2. In what ways could your organization prioritize and integrate a focus on resilience?
3. How would you facilitate a conversation with someone who scored quite low on the scale?
4. Discuss the statements on the Brief Resilience Scale to see how you might engage a person in conversation around each statement.
5. If time permits and volunteers are willing, engage in a role-play where you practice the Brief Resilience Scale. Focus on:
  - a. Initiating the conversation and beginning the activity
  - b. Engagement with the person
  - c. Validate and highlight moments of resilience