



Workshop: Strengthening Resilience

Dealing with disasters and armed conflicts

~Conversations are often a way to realize one's strength and weaknesses ~

This workshop is participatory in nature and based on the principle of "popular education". Conversations among participants allow them to share experiences and recognize their own knowledge, expertise and strengths for the subject. Therefore, the facilitators' roles consist of guiding individual and collective reflections rather than contributing final solutions.

Aims of the workshop

Help participants:

1. Recognize the strengths needed at a personal and community level in order to deal with emergency situations
2. Understand their personal resilience levels when dealing with disasters and armed conflicts
3. Make careful considerations about their experiences, and reflect on personal and community challenges that have to be faced at a time of disaster
4. Create plans for the improvement of personal strengths as well as strengthen support networks

Programme (2.5 hrs)

Step 1	Welcome and objectives of the workshop	2 min
Step 2	Introductions of the facilitator and the participants (can be through an Ice Breaker)	8 min
Step 3	Physical and mental relaxation exercise	5 min
Step 4	<u>Individual sharing</u> The facilitator asks participants to share their experience of a disaster, and offer a reflection made on an individual basis: <i>Remember any personal, natural disaster or armed conflict situation you have experienced.</i> 1. <i>What was your first reaction?</i> 2. <i>What helped you maintain or recover your inner stability?</i> 3. <i>What actions for self-service or service to others did you perform? (Answer only if you performed any).</i>	15 min
Step 5	<u>Group sharing</u> Ask participants to form group of 3s and share their reflections and experiences, encouraging active listening, and avoiding judging or giving advice.	45 min
Step 6	Present reflections — may be via panel format	15 min
Step 7	<u>Facilitator gives background</u> <i>Any country in the world is vulnerable to one or another type of calamity. The unexpected and massive nature of a disaster breaks drastically the normal course of life of people. But with the adequate preparation, we may deal with the situation in a calm and accurate way, being able to develop the means to overcome it, to recover oneself and to help others. These actions will reduce risks.</i>	5 min
Step 8	<u>Participants reflect</u> (in groups of four) using a collective drawing or a collage. Each one may reflect individually for a few minutes, and then share with the group in order to create a collage with everyone's contribution. 1. <i>Is there any need that has to be fulfilled in the present in order to reinforce resilience?</i> 2. <i>How can family and community support networks be strengthened?</i>	10 min
Step 9	<u>Prepare plans</u> (in groups of 4) in order to (a) fulfill any need identified, and (b) decide what would be the possible contribution to the family or the community.	15 min
Step 10	Prepare personal plans	15 min
Step 11	<u>Closing session</u> Participants share the feelings that the workshop left in them, new proposals, etc.	10 min
Step 12	Physical and mental relaxation exercise	5 min