



MODULE 11 (42 minutes)

**Topic Title: Connection's Resilience Connection**  
**Skeeta Jenkins**

LO1: Understand how interpersonal connection promotes resilience  
LO2: Apply strategies to enhance relational connections

**Engagement Strategy:**

Personal story of BSWH care team's care for a family member and the importance of connection and its connection to resilience. Lecture to outline factors of resilience. Conduct a social inventory exercise. Explore the ways to expand and strengthen the core group. Group exercise to develop ways to bring work teams closer to increase resilience capacity.

**Synch Matrix:**

Start	End	Activity	Facilitator Notes
0:00	4:00	Main Intro / "Examine" Exercise	Evaluate the resilience of your team, how can you be more resilient?
4:00	6:00	Topic / Instructor Intro	Nate Self introduces Skeeta Jenkins and the topic of resilience.
6:00	19:15	How Connections Fuel Resilience	Skeeta shares a touching story and explains how connections can fuel resilience
19:15	25:10	"Examine" / "Explore" Exercises	Take a moment to think about and write down your relationships.
25:10	28:25	How do I Create Deeper Relationships / "Explore" Exercise	How can you transition somebody to your core group?
28:25	29:55	The Need For Connection	Skeeta explains how a fulfilling life must contain meaningful relationships.
29:55	32:15	"Explore" Exercise	How can you develop a better connection with someone you work with?
32:15	36:40	Final Words From Skeeta Jenkins	Skeeta reiterates the point that you must have a close group of people to get you through tough times in life.
36:40	42:05	Conclusion / "Examine" Exercise	Think back to a past challenge and who was there for you. What was the result?

**Sources:**

Burgess  
Coute  
Valliant