



MILITARY FAMILIES LEARNING NETWORK

*Building Resiliency During Change -
Finding Courage Within*

<https://learn.extension.org/events/2107>

U.S. DEPARTMENT
OF DEFENSE



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MILITARY FAMILIES LEARNING NETWORK

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MILITARY FAMILIES

LEARNING NETWORK

Research and evidenced-based
professional development
through engaged online communities.

eXtension.org/militaryfamilies



FAMILY TRANSITIONS

Military Families Learning Network

Providing education and resources for professionals working with military families to build resilience and navigate life cycle transitions.



On Facebook at MFLN Family Transitions



On Twitter @MFLNFT



<https://www.youtube.com/user/MilFamLN>

Available resources



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Wednesday, June 24 at 10:00 am CDT

JUN 24

(GMT-06:00) Central Time (US & Canada)

60 minute session

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Building Resiliency During Change - Finding Courage Within

Wednesday, June 24 at 10:00 am CDT

Link: <https://conference.apps.mil/webconf/milfamlearningnetwork>

Find slides and additional resources under 'event materials'

<https://learn.extension.org/events/2107>



Today's Presenters:

Karen Shirer, PhD.

Associate Dean, Extension Center for Family Development at University of Minnesota has 41 years of experience as an educator, manager, researcher, and administrator for family strengthening education programs in both formal and non-formal settings. In her current position, she provides statewide leadership for Extension programs in human development, health and nutrition, and financial empowerment education. Dr. Shirer's research interests include Fragile Families, working families, welfare to work, and balancing work and family.



Trisha Wohlfeil, MA, LMFT

Trisha is a Licensed Marriage and Family Therapist, and a military spouse in St. Paul, MN. Trisha has a special interest in helping military families and has been working with them in a professional setting since 2003. She has been a speaker for “Beyond The Yellow Ribbon” reintegration events and at various Army and Air National Guard events. Trisha is passionate about serving military families and supporting other professionals in the community that work with this unique population. In addition, Trisha is a Certified Daring Way™ Facilitator and is excited to bring this message to military audiences.



Objectives

1. Describe the nature of change faced by individual service members and their families as well as by providers that serve military families' need.
2. Explain potential challenges and strengths experienced by service providers as well as military families as they encounter transitions.



Objectives continued...

3. Employ adaptive strategies as a provider and with families to manage change and increase resilience.
4. Identify and use additional resources to strengthen and build one's resilience.



Please tell us about your work (type your number in the chat pod)

1. Civilian
2. Military Branch
3. Community-based
4. Extension



My work role can be best described as ...

(type your number in the chat pod)

1. Policy development and implementation
2. Management of family and community programs for service members
3. Provision of front-line services to military members and their family members
4. Conducting educational programs with military members and their families



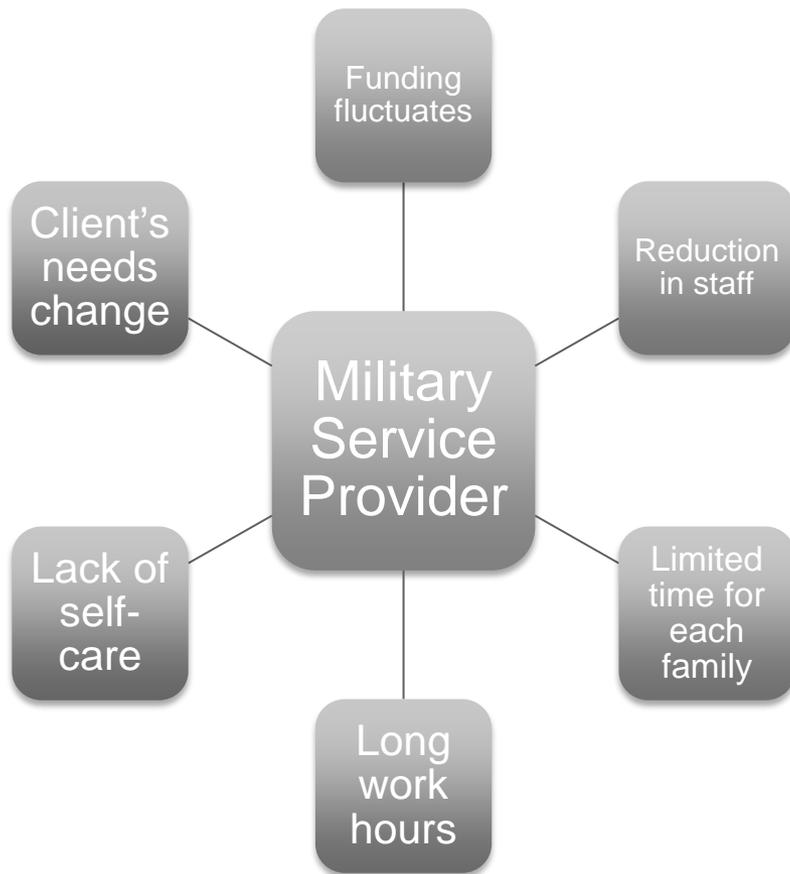
A Complex Challenge

- Changing work environment
- Evolving family needs
- Responsive programming

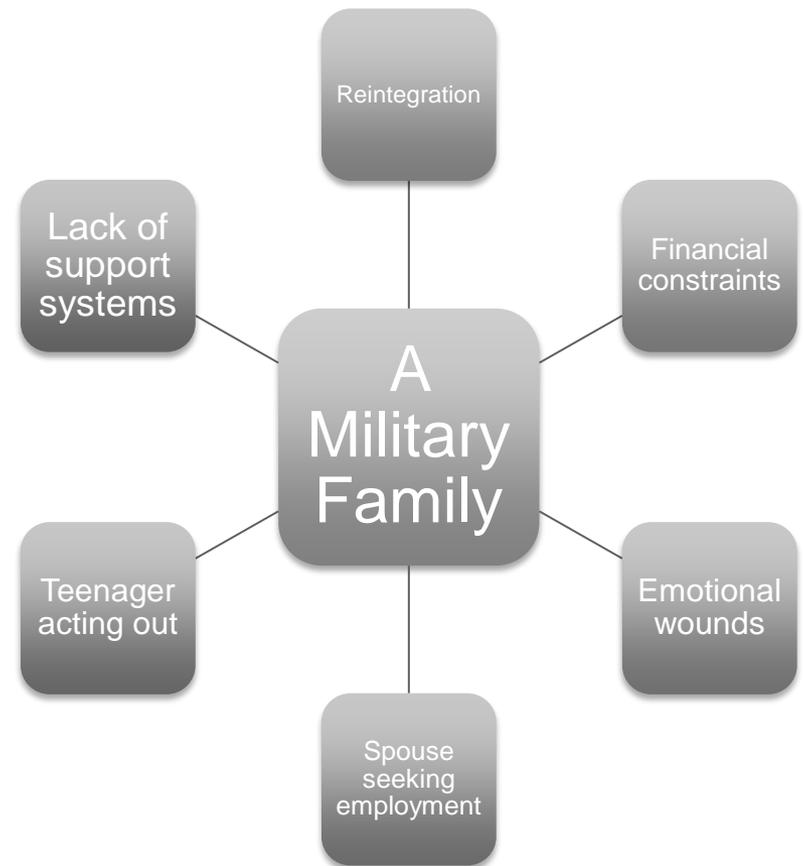


A Case Study

A Service Provider



A Military Family



As a service provider ...





Are these the issues you are dealing with in your work?

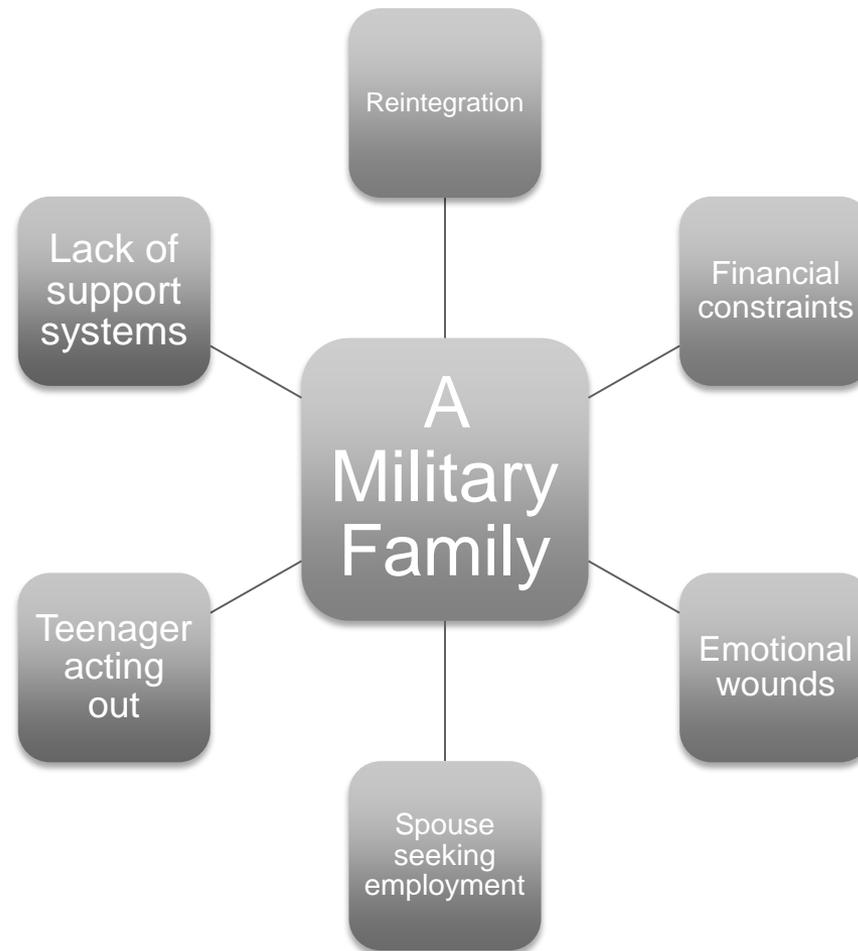
- ___ Funding fluctuations
- ___ Reduction in staff
- ___ Limited time for each family
- ___ Long work hours
- ___ No time for self care
- ___ Clients' changing needs



Time to
Chat

A grey speech bubble with a white outline and a drop shadow, containing the text "Time to Chat" in purple font.

Military families ...





Which of these issues do you most often see?

- Reintegration challenges
- Financial constraints
- Emotional wounds
- Trouble seeking employment
- Teenager acting out
- Lack of supports



Time to
Chat

A grey speech bubble with a white border and a tail pointing towards the bottom-left, containing the text "Time to Chat" in purple.



Questions



Time to
Chat

1. In what ways is this case study similar to your own experiences?
2. How have you coped with these types of challenges?



Becoming More Resilient



Time to
Chat

- How we view change matters in how resilient we are.
- Word association:
 - What do you think of when you hear the word change?
 - How do think the families you serve view change?



Trisha Wohlfeil, MA, LMFT
Certified Daring Way™ Facilitator

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown.



- Qualitative researcher aka “story catcher”
- Everyone’s experience counts
- This information is used to inform definitions
- How her research can help us reframe how change makes us feel

Defining Vulnerability



UNCERTAINTY

RISK

EMOTIONAL EXPOSURE



Exposing the Myths

Myths

Vulnerability is weakness

We can opt out

It's over sharing

I can go it alone

Truth

Our most accurate measure of courage

To be alive is to be vulnerable

Trust, intimacy and connection
(earned the right to hear my story)

We are hard wired for connection

Common Vulnerability Arsenal

1. Foreboding Joy
2. Perfectionism
(The 20-ton shield)
3. Numbing



Brené Brown Quotes

“Vulnerability sounds like truth and feels like courage. Truth and courage aren’t always comfortable, but they are never weakness”

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, accountability and authenticity”





Brené Brown on “The Wholehearted”

*“And so these folks had, very simply, the courage to be imperfect. They had the compassion to be kind to themselves first, and then to others, because, as it turns out, we can’t practice compassion with other people if we can’t treat ourselves kindly. And the last was they had connection, and—this was the hard part—as a result of authenticity, they were **willing to let go of who they thought they should be, in order to be who they were**, which you have to absolutely do that for connection.”*



10 Guideposts for Wholehearted Living

(From Brené Brown's book "The Gifts of Imperfection")

Cultivating...

1. Authenticity
2. Self-compassion
3. A Resilient Spirit
4. Gratitude and Joy
5. Intuition and Trusting Faith
6. Creativity
7. Play and Rest
8. Calm and Stillness
9. Meaningful Work
10. Laughter, Song and Dance

Letting go of...

1. What people think
2. Perfectionism
3. Numbing & Powerlessness
4. Scarcity & Fear of the dark
5. Need for Certainty
6. Comparison
7. Exhaustion as a status symbol and productivity as self-worth
8. Anxiety as a lifestyle
9. Self-doubt & "supposed to"
10. Being Cool and "Always in Control"



Which guideposts are most appealing to you?

1. Authenticity
2. Self-compassion
3. A Resilient Spirit
4. Gratitude and Joy
5. Intuition and Trusting Faith
6. Creativity
7. Play and Rest
8. Calm and Stillness
9. Meaningful Work
10. Laughter, Song and Dance





Applying the Guideposts

- Example as a military spouse during deployment
- Example as an outreach assistant for a military resource

THE DARING WAY™

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based on the research of Brené Brown.

- “In a scarcity culture where “never enough” dominates and fear has become second nature, vulnerability is subversive. Uncomfortable. It’s even a little dangerous at times. And, without question, putting ourselves out there means there’s a far greater risk of getting criticized and failing.
- But when we step back and examine our lives, we will find that nothing is as uncomfortable or dangerous as standing on the outside of our lives and wondering what it would be like if we had the **courage to show up and let ourselves be seen.**”



Key Takeaways

- Change often makes us feel vulnerable
- Vulnerability is not weakness, it is our most accurate message of courage
- Embracing vulnerability is key to our resilience and adaptability to change



Key Takeaways Applied



Reflect on how your view changes.



Identify the places in your work and home where you want to “Show up, Be Seen, and Live Brave™”



Choose 1-3 guideposts to start cultivating in your own life and build your resiliency.



If you are a manager or administrator ...



Look for an upcoming blog post written by today's presenter Karen Shirer, PhD. on how to better understand the nature of change related to your work, and how adaptive leadership can help you become a more effective leader.



Evaluation and Certificate of Completion

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To receive the Certificate of Completion please first complete the evaluation at:

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Family Transitions Upcoming Event

Communicating Effectively During Transitions – Managing Turbulence and Dilemmas, Steve Wilson and Leanne Knobloch

- Date: August 18th, 2015
- Time: 11:00 am Eastern
- Location: <https://learn.extension.org/events/2141>

For more information on MFLN-Family Transitions go to:
<http://blogs.extension.org/militaryfamilies/life-cycle-transition-support/>



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