



A framework for creating systems, environments, relationships, & interactions centered on fostering resilience & wellness.

A FRAMEWORK FOR ALL SETTINGS

- Education
- Early Childhood
- Youth & Family
- Clinical
- Community
- Public
- Private

- Evidence & Research Informed
- Provides awareness, knowledge to understand how experiences shape human brain development & overall social, emotional & behavioral growth
- Teaches a way of being with others based on relational characteristics aligned with inclusion, collaboration, & restorative practices.
- Illustrates a model for conceptualizing overall well-being
- Offers individual, group, & system level interventions & resources for responding during times of stress & adversity which offer dignity, respect, trust, and care.

OUR SERVICES

- Workshops
- Professional Dev.
- Pubic Speaking
- Community Events
- Family Events
- Curriculum Support
- General Consultation
- System Assessment & Consultation

RISE TODAY!

Contact us to find out how RISE: Wellness & Resilience Framework can empower & transform your system



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Cultivating factors & responding to experiences with the means to **MANAGE, RESORE & RISE** through adversity

RELATIONSHIPS

Adaptive relationships that we have with ourselves and others are the foundation required to actualize well-being & resilience.

- EXPERIENCES
- THE YOU INTERVENTION
- CHARACTERISTICS

INDICATORS OF WELLBEING

The conditions needed to foster a sense of psychological wellness & cultivate resilience.

- SAFETY
- CONNECTION & BELONGING
- MEANING & PURPOSE
- EFFICACY

SOCIAL & EMOTIONAL DEVELOPMENT

Integrating prosocial growth in order to interact with self, others, & the larger world in healthy ways.

- AWARENESS OF SELF & OTHERS
- AFFECT MANAGEMENT
- RELATIONAL RHYTHMS
- HEALTHY CHOICES

ENHANCEMENTS

Enhancing the interconnections of the whole person.

- MIND
- BODY
- SPIRIT