

## **VIRTUAL kit: CREATING RESILIENT STAFF (DIRECTORS)**

### **kit QT**

Having resilience is all about the ability to “bounce back” from adverse experiences. Whether providers have stress going on in their home life, a child with a behavior concern, or they’ve had three new assistant teachers in as many days. Childcare center staff face many stressors in their day-to-day lives. While typically established in early childhood, resiliency can be promoted and built through all stages of life.

It is essential for leadership, particularly center directors, to know how to encourage and support resiliency in their staff. Resiliency leads to increased capacity and ability to handle stress, a concept vitally important to preventing provider burnout and, ultimately, staff happiness. By promoting resiliency in staff, center directors can encourage their employees to maintain happy, healthy lives.

### **SHOW ME NOW – I NEED IT TOMORROW**

[12 Ways Teachers Can Build Their Own Resilience](#) (Article)

[Developing Resilience: Overcoming and Growing From Setbacks](#) (Article)

[How To Build Resilience and Become Mentally Strong](#) (Video)

[The 7 C’ of Resilience](#) (Article)

### **WHAT DOES THIS LOOK LIKE IN PRACTICE? (I HAVE A LITTLE MORE TIME TO READ ABOUT THIS)**

[Onward: Cultivating Emotional Resilience in Educators](#) (Book)

[Handbook of Adult Resilience](#) (Book)

[Build Your Resilience](#) (Webinar)

[Key Strategies to Resilient Leadership](#) (Webinar)

### **WHAT DOES THE ECRC HAVE ON THIS TOPIC**

Mackrain, M. (2013). *Building your bounce: Simple strategies for a resilient you*. Kaplan Early Learning Company. ISBN 9780880767507

Education Service Center. (1999). *Leadership: The vision beyond the doorway*. Education Service Center.

Bloom, P. (2016). *A great place to work: Creating a healthy organizational climate*. New Horizons. ISBN: 978-0982708279

## **HOW CAN I FIND TRAINING/TRAINING MATERIALS ON THIS TOPIC?**

- [KCCTO Courses](#)
  - Leadership Series: Inspiring Early Childhood Educators
  
- [KCCTO-KITS ITSN Community Based Training](#)
  - Live Virtual-Director's Alliance: Creating Resilient Staff
  - Live Virtual: Director's Alliance (Ongoing Series)
  
- Visit these links for collaborative training calendars:
  - [KCCTO Training Calendar](#)
  - [KITS Training Calendar](#)

To inquire about a specific class, contact the KCCTO office 785-532-7197 or visit [KCCTO.org](http://KCCTO.org)

## **IF YOU THOUGHT THIS WAS HELPFUL YOU MIGHT ALSO LIKE:**

[Virtual Kit: Staff Morale](#)

## **WHAT IF I STILL NEED HELP?**

You may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578

## **EVALUATION**

Please take a minute to complete a brief survey to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future.

<https://www.surveymonkey.com/r/GL28HG8>

## **REFERENCES**

Aguilar, E. (2018). *Onward: Cultivating emotional resilience in educators*. Jossey-Bass. ISBN: 978-1119364894

CABA. (2020). *Build your resilience* [Video]. YouTube.  
[https://www.youtube.com/watch?v=\\_ewUuloJa-g](https://www.youtube.com/watch?v=_ewUuloJa-g)

Dabell, J. (2018). The 7 C's of resilience. Retrieved from:  
<https://johndabell.com/2018/05/01/the-7-cs-of-resilience/#:~:text=Resilience%20is%20one%20of%20those,we%20know%20the%20meaning%20of%20it%20is%20the%20ability%20to%20bounce%20back%20from%20adversity>

20of.&text=To%20others%2C%20resilience%20is%20at,%2C%20contribution%2C%20coping%20and%20control.

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Gonzalez, J. (2018). 12 ways teachers can build their own resilience. Retrieved from: <https://www.cultofpedagogy.com/resilience/>

ICONIQ Psychology. (2018). *How to build resilience and become mentally strong* [Video]. YouTube. <https://www.youtube.com/watch?v=LF1ngfqjMiU>

MindTools. (n.d.). Developing resilience: Overcoming and growing from setbacks. Retrieved from: <https://www.mindtools.com/pages/article/resilience.htm>

Reich, J., Zautra, A. J., & Hall, J. S. (Eds.). (2012). *Handbook of adult resilience*. The Guildford Press. ISBN: 978-1462506477