



# Six Keys to Thriving

1-Day Workshop

Friday, August 25, 2017; 9:30 am – 4:30 pm  
Familylinks, 401 N. Highland Ave., Pittsburgh, PA

Working with troubled and troubling young people and their families can be very stressful and challenging. In order to provide the most effective services, school or program staff must be well-prepared and well-protected to be as accessible and responsive to the demands of the job as possible. It is important that schools and organizations operate on a clearly articulated foundation of values that can help create and sustain a strong, positive culture in which healing, learning, and growth can occur.

Six Keys to Thriving is a one-day workshop that focuses on the needs and interests of those being served as well as those providing the services. A goal of any school or program with a healthy culture is to promote resilient and responsible behavior, not only in the young people they serve, but also for staff tasked with providing those services.

Content in this workshop is based on the Model of Leadership and Service\*, which identifies six areas of innate human need (biosocial drives) that apply equally to leaders, team members, and the children and families we serve. Once these needs are met (safety, belonging, achievement, power, purpose, and adventure), individuals are free to reach their potential and flourish.

**Training Cost:** \$110 USD per participant (payable by check or credit card to CF Learning)

**How to Register:** Online at [CFLearning.org](http://CFLearning.org); or

Complete the printable registration form and submit by mail, email, or fax to:

CF Learning, PO Box 650, Lennox, South Dakota 57039

Email: [events@cflearning.org](mailto:events@cflearning.org)

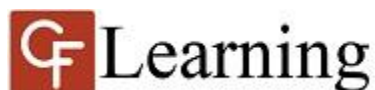
Fax: 605-836-7101

## About the Trainer:

**Mark Freado, MA**, is Director of the International Training Network for CF Learning, a program of Cal Farley's in Amarillo, Texas. Freado's 40-year professional career encompasses contributions to the mental health field, public education, social services, program development, leadership, consultation, and training. He has consulted and delivered training services to private providers, public agencies, and schools worldwide. He specializes in program development, leadership skills, and interventions for at-risk and disadvantaged children, adolescents, and their families.



*\*The Model of Leadership & Service was developed by Cal Farley's and is available for use and adaptation by others with permission.*



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## **Workshop Schedule:**

### **9:30-10:30 – Safety**

Recognizing the range of experiences that foster risk and safety will move the emphasis to “felt safety” for young people and staff across service areas to get beyond the mandates for physical and environmental safety in settings.

### **10:30-11:30 – Belonging**

Behavior management addresses the “outside kid.” Connecting in positive ways to others and in organizations creates a context of community in which safety and strength can be derived. This section will identify the power of human connection in positive development and healing of trauma for the “inside kid.” A safe, well-connected environment sets the stage for learning to occur.

### **11:30-11:45 Break**

### **11:45-12:45 – Achievement**

Applying the research on motivation, persistence, and mastery creates learning opportunities for talent to flourish. Preparing staff to understand the needs and interests of the young people and families with whom they work and providing the skills and supports necessary is critical to a well-functioning school or program. Having varied approaches to address learning styles and developmental needs presents enhanced opportunities for social, emotional, and academic growth.

### **12:45-1:30 Lunch**

### **1:30 – 2:30 – Power**

This section will survey the healthy bases of power in self-regulation, self-efficacy, and influence on others, and abuses of power, e.g. bullying. Establishing authoritative rather than authoritarian approaches to supervision, teaching, and therapeutic interactions encourages others to take initiative, risk, and responsibility. Empowering others is more than giving permission, it is also supporting the effort with attention, encouragement, and accountability.

### **2:30 – 2:45 Break**

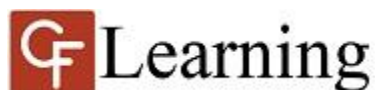
### **2:45 – 3:45 – Purpose**

Understanding the innate human need for a purpose in life beyond self and the value of service in leadership and learning is emphasized. The pathway to resilience comes from within. Creating opportunities for building inner strengths provides enhanced opportunities for growth.

### **3:45 – 4:30 – Adventure and Transformation**

Adventure will be examined in the contexts of curiosity, exploration, experience, risk, and opportunity. It is essential to find the healthy balance of risk (essential for learning) and safety in adults and children, particularly with the quest for stimulation in adolescence. Applying evidence-based principles related to this model will create transformational change in persons.

*\*This course is pending approval for CEU's and graduate university credits.*



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