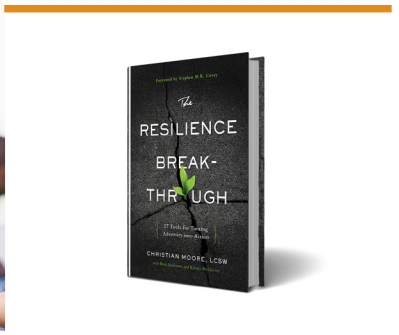


# The Resilience Breakthrough:



*"Resilience is the great equalizer -- It transcends race, gender, culture, socio-economic status... and literally any other aspect of your environment."*

**-Christian Moore, MSW**

*WhyTry Founder*



## Keys to Unleashing Resilience



**WhyTry**  
*Resilience In Education Matters*

# You can build resilience by focusing on the “3 R’s”



## RELATIONSHIP: THE X-FACTOR

At WhyTry, we believe the X factor – the key to lasting change and motivation in youth – lies in the relationship a teacher establishes with his/her students.

We believe in respect, in allowing students to discover their potential, and in showing them their inherent value and worth as human beings. The result is a classroom climate that fosters trust and motivation.

## RELEVANCE: THE “WHY” IN EDUCATION

Multi-sensory learning helps students grasp the purpose, meaning, and application of the things they’re being taught. Sometimes we focus so much on helping students pass a

test that we fail to show how the subject relates to them. Students today don’t see the relevance of the things we are trying to get them to learn and do. They don’t see the relevance of school because they can’t see how their actions today directly impact their future. At WhyTry, we help you to reconnect this “why” in education.

## RESILIENCE: THE ULTIMATE GOAL

When you combine a positive and trusting relationship with relevance and direct application, you achieve the third “R” and ultimate goal -- resilience. Students and staff learn that day-to-day challenges and adversity can actually be transformed into motivation to succeed in school and in life. This can mean increased engagement and academic performance in school and in life.

**Notes:** \_\_\_\_\_

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# WhyTry Programs

## *WhyTry and Resilience Breakthrough for Youth*

WhyTry offers two programs, our original toolkit, The WhyTry Program, and our newest resource, The Resilience Breakthrough for Youth. Both are designed to provide flexible tools, lessons, and interventions that can be used in one-on-one, group, and classroom settings. Both programs are available through our online resource, providing ease-of-use and convenient access.



THE **WHYTRY** PROGRAM



THE **RESILIENCE** BREAKTHROUGH  
For Youth

Helps to motivate and re-engage students who may be struggling with challenges at home and in school	<b>Mission / Purpose</b>	Focuses on the building blocks of resilience for all students
Tier 2 and Tier 3 focus, applicable in Tier 1	<b>RTI Focus</b>	Tier 1 focus, Applicable in Tier 2 and Tier 3
10 Core Units Implementation Varies	<b>Implementation</b>	6 Core Units Implementation Varies
WhyTry is proven effective at increasing student resilience, motivating unmotivated students, increasing GPA, reducing drop out rates, improving social emotional health and reducing bullying and violent behavior.	<b>Benefits for Students</b>	Helps all students learn where resilience comes from and how to access it. They strengthen their ability to be resilient and find their inner motivation in those moments of difficulty and trial.
You can begin with a FREE introduction webinar and sample lesson. Sign up for an event in your area or contact us at 866.949.8791.	<b>Getting Started</b>	You can begin with a FREE introduction webinar and sample lesson. Sign up for an event in your area or contact us at 866.949.8791.

**Contact Us Today To Get Started**

[www.whytry.org](http://www.whytry.org)

Toll Free: 866.949.8791

[info@whytry.org](mailto:info@whytry.org)



# WhyTry

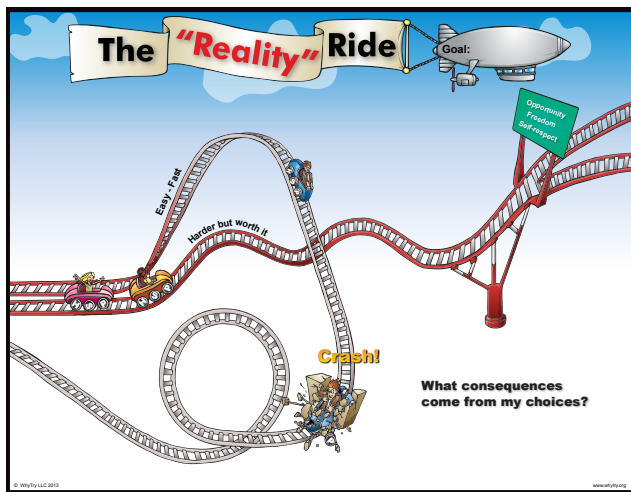
## Resilience In Education Matters - The WhyTry Program

There has never been a greater need to foster school environments that allow teachers and students to thrive. Studies have shown that students who score higher on resilience measures have improved social skills, higher grades, a greater love of learning, and better decision-making skills.

For 20 years, the WhyTry Program has been using social emotional learning to help struggling students make positive life changes. Our multi-sensory learning approach helps students of all learning types engage with and apply the lessons taught.

By applying the 3 “R’s” as well as important surrendering the one-up techniques, we effectively create an environment where students feel motivated and empowered to make positive life changes.

*With visual learners in mind, the WhyTry Program uses pictures to teach important life principles to youth. These ten “visual analogies” are explained below:*



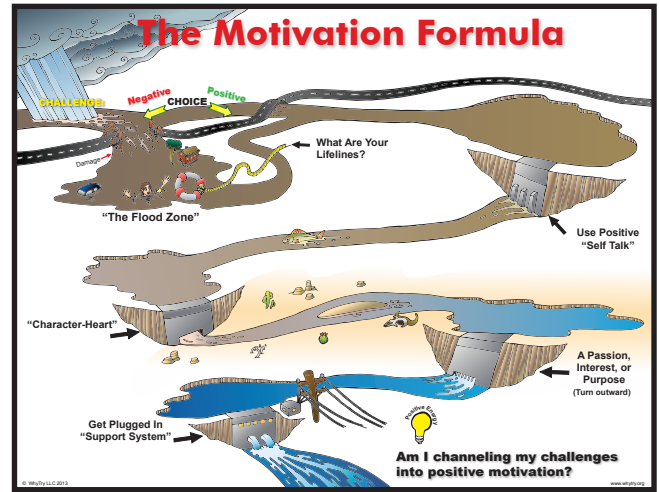
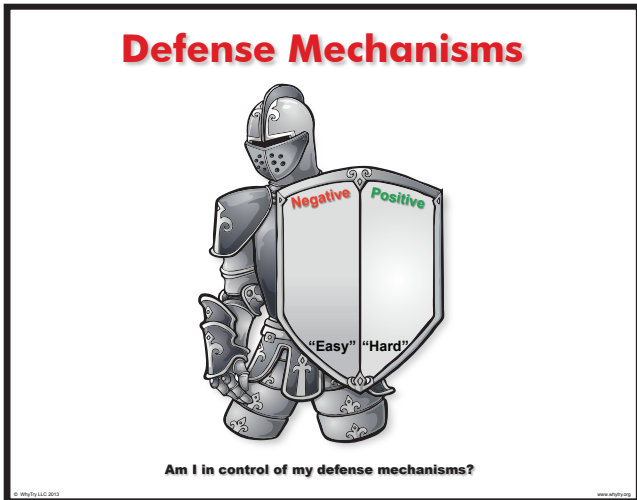
### 1. Show them that decisions have consequences.

“The Reality Ride” uses a picture of a roller coaster to demonstrate that each decision we make has a consequence. The decisions we make today directly affect the future.



### 2. Help them tear off their labels.

“Tearing Off Your Label” teaches that negative labels can hurt your future, and positive labels can help you achieve your goals and attain better opportunities. Ultimately, the label you wear depends on you: you can change your negative labels by changing your actions and showing others your positive traits.

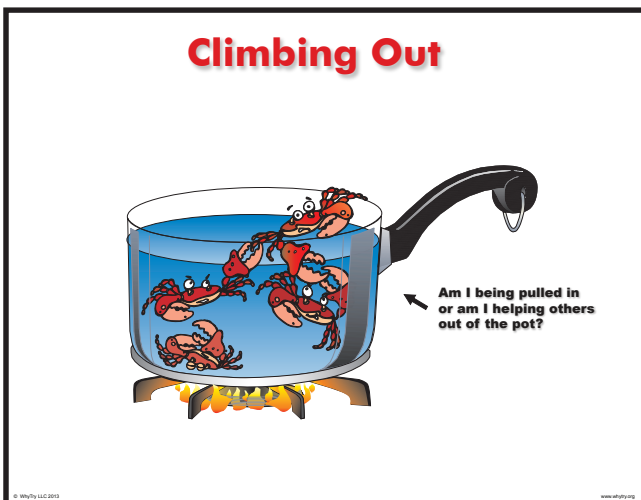


**3. Teach them how to control their defense mechanisms.**

“Defense Mechanisms” teaches that pressure situations are best handled by maintaining control of our emotions and selecting positive defense mechanisms (those that don’t hurt yourself or others).

**4. Show them how to use their challenges as positive fuel.**

“The Motivation Formula” uses a picture of a river running through dams to show how you can take your challenges and channel them into positive motivation: first to better yourself, then to turn outward and help others.



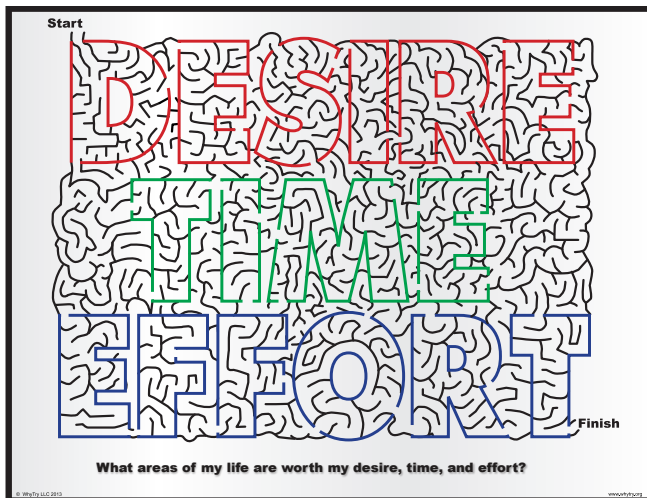
**5. Compare peer pressure to crabs in a pot.**

“Climbing Out” teaches that when you put the tools from the visual metaphors into action, and when you develop an awareness of the positive and negative ways that others can influence you, you will be prepared to avoid negative behaviors and their consequences.

**6. Tell them, “You only lose if you give up!”**

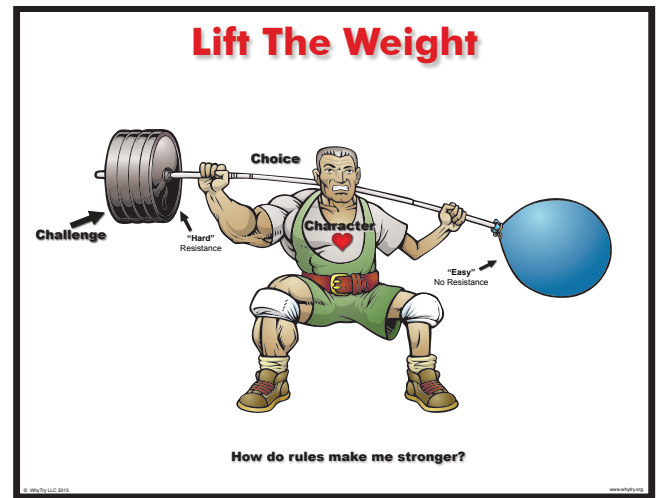
“Jumping Your Hurdles” teaches that while everyone experiences setbacks, successful people “jump back up” and keep trying. They know that there are certain steps they can use to help them overcome their challenges and achieve success.





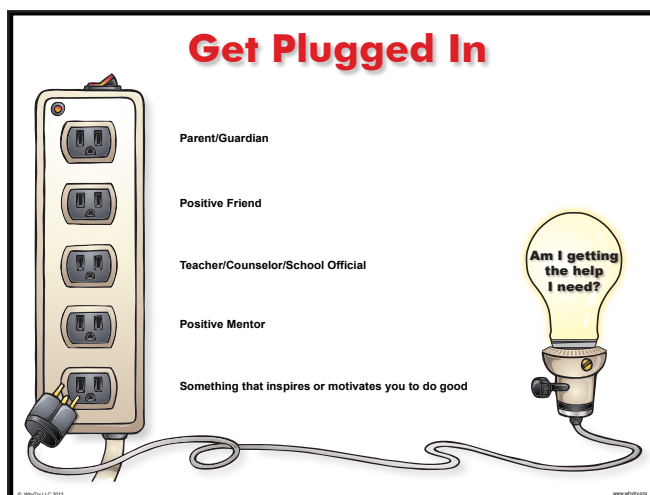
**7. Teach them that hard work goes further than natural talent.**

“Desire, Time, and Effort” teaches that anything worthwhile in life requires desire, time, and effort. There are no shortcuts to achieving success. You will get much further in life by working hard than by simply relying on your talents or abilities.



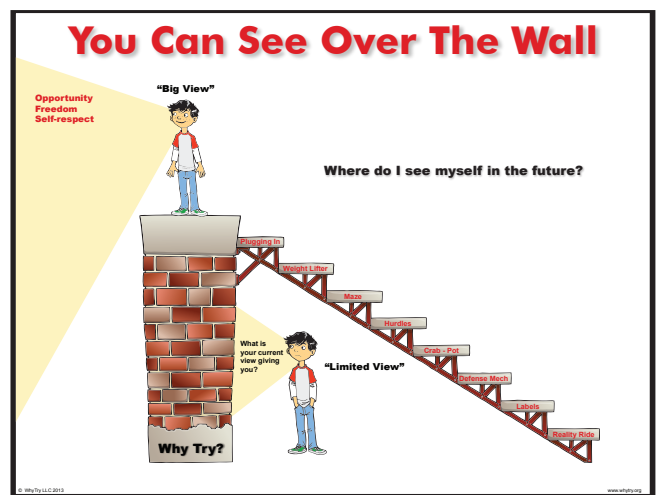
**8. Explain the long-term benefits of keeping laws and rules.**

“Lift the Weight” teaches that living by laws and rules and developing self-discipline will make you stronger, opening the doors of opportunity for the future.



**9. Show them where to find support systems.**

“Get Plugged In” teaches that getting help is not a weakness, it is a strength! Challenges become easier when you have a positive support system to help you overcome them. YOU have the power to create a support system if you don’t have one. YOU have the power to strengthen that support system if yours is weak.



**10. Help them “See the big picture.”**

“The Wall” is a summary of the entire WhyTry Program. It teaches that when you have a clear vision of your future, you have hope for something better, and life’s challenges become nothing but temporary obstacles. When you have a limited perspective, however, it is hard to see beyond the day-to-day challenges. Each step to the top of the wall represents one of the principles taught in WhyTry Program.

# Emotional Fuel: The Breakthrough

*The Four Sources of Resilience*



## Relational Resilience

Your greatest motivation to not give up is the knowledge that others depend on you.



## Street Resilience

You take the pain of social inequality, disrespect, and mistakes and use it as fuel to propel you forward.



## Resource Resilience

You recognize that your resilience can be increased by tapping into the resources available to you.



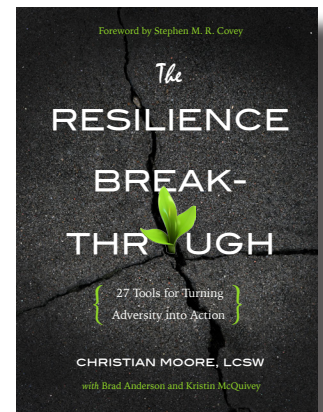
## Rock Bottom Resilience

When you're at your lowest point, you believe in your ability to change your circumstances, combat hopelessness, and fight on.

## The Resilience Breakthrough: 27 Tools for Turning Adversity into Action

In *The Resilience Breakthrough*, WhyTry Founder Christian Moore delivers a primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can *all* have our own resilience breakthrough, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships.

As he share engaging real-life stories and brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today -- in your personal life or in your organization.



Order your copy today.  
[www.resiliencebreakthrough.com](http://www.resiliencebreakthrough.com)

# WhyTry Training Opportunities

The WhyTry Program is designed to be easy to use, but to increase your effectiveness, consider a WhyTry Training for your organization.

Learn how to get started with WhyTry in your school or organization by attending one of our training events. We offer on-location trainings for both the WhyTry Program and Resilience Breakthrough for Youth.

If you are interested in learning more, contact us at 866.949.8791 or [info@whytry.org](mailto:info@whytry.org).

To find an event in your area, visit [www.whytry.org/training](http://www.whytry.org/training)



*"I've attended tons of training seminars and often feel the ulterior motive is to "sell stuff." This was different. I felt this had a higher purpose...I got some answers to my own "Why Try?" issues."*

*Carol Lark, K-6 Counselor*

## Hosting A WhyTry Training or Staff Development



We are looking for people interested in hosting a WhyTry Training or staff development event at their school or facility. Hosting an event is a good way to get your staff trained when you are on a tight budget -- you may receive several discounts and benefits for hosting a training session.

To learn more about hosting an event, please email [info@whytry.org](mailto:info@whytry.org) or call us (toll free) at 866.949.8791.

**Toll Free: 866.949.8791**

**Email: [info@whytry.org](mailto:info@whytry.org)**