



Chicago Resiliency Network

Program Details

January 2022

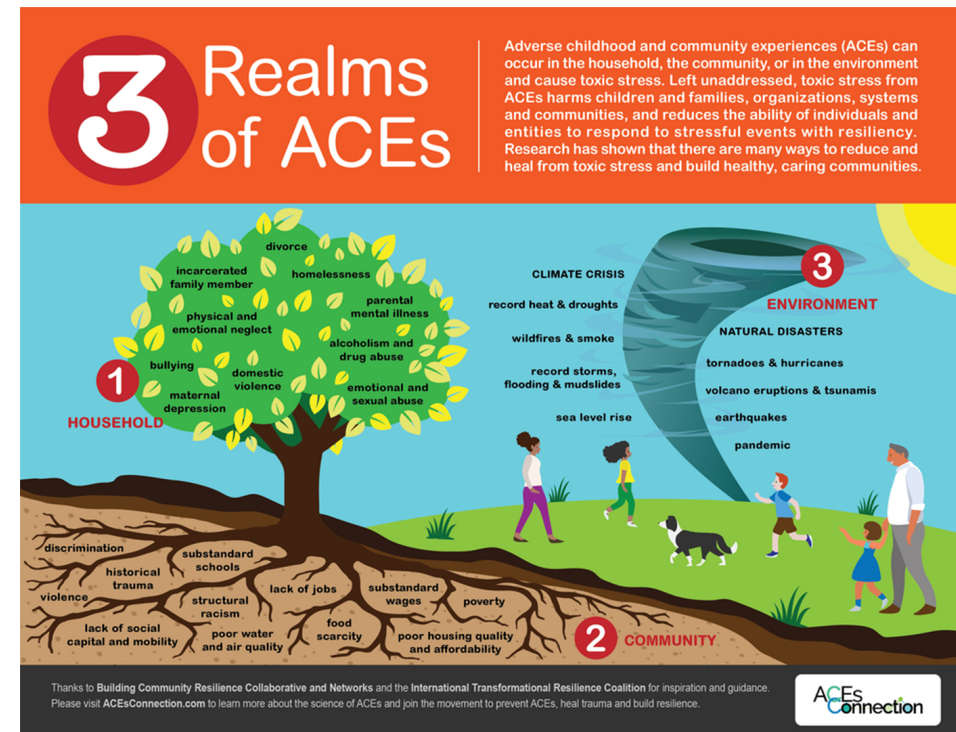
Resiliency Network Mission

Building more trauma-informed, healing-centered workplaces that are better for employees and better for business

2020 and 2021 have been difficult for everyone. COVID, social justice issues, quick transitions to working at home and school at home, financial insecurity, food insecurity, political unrest, the violence, and so many of us have experienced personal losses of family members and friends. To some degree, we have all been affected by trauma and toxic stress.

Trauma impacts people not only when they are at home, but when they are at work. This results in low energy, poor concentration, drains productivity, makes it difficult to engage with a team and overall diminishes optimism. It can result in taking many days off, and can ultimately result in high turnover.

This is not good for the individual and it is not good for any business.



In the News: The need for healing-centered workplaces

STRESS

Is a Mental Health Crisis the Next Pandemic?

New study confirms mental and physical health declining post-Covid-19 pandemic.

How Mental Health Awareness Can Help Shape A Better Workplace



Jonathan Gary Forbes Councils Member
Forbes Business Council COUNCIL POST | Membership (fee-based)
Small Business

Why Workplace Mental Health Is More Than An Employee Perk

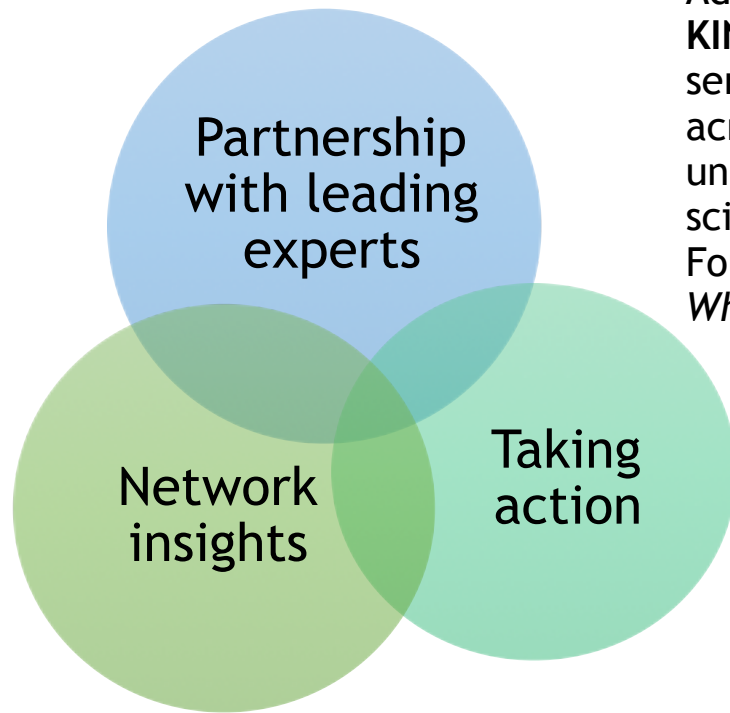


Dawn Brown Forbes Councils Member
Forbes Business Council
COUNCIL POST | Membership (fee-based)
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MEMBERSHIP CERTIFICATION HR TODAY

STATE & LOCAL UPDATES

Ongoing Pandemic Takes Toll on Workers' Mental Health



Advice and tailored guidance from **KINTLA**, experienced consultants serving hundreds of companies across the globe; adapting the underlying principals of brain science to the workplace. Co-Founder, **Dr. Bruce Perry**, author of *What Happened to You?*

Resilience Challenge enabled by CRN-specific resources including learning series, company assessment and online resource database.

Cohort of peers sharing insights, tools and lessons learned

Key Takeaways from Training



- **Identify signs of anxiety, trauma and burnout** in themselves and others
- **Feel empowered by** learning regulation and resiliency building techniques to thrive in the midst of stress, anxiety and burnout
- **Build organizational resilience** to better assist stakeholders **Get access to regulation and resilience techniques resources** about trauma and resilience support
- Learn how to actively **avoid re-traumatization**

Building Resilience & Trauma Informed Care

Core & Extended Content & Applications



Regulation and Resilience

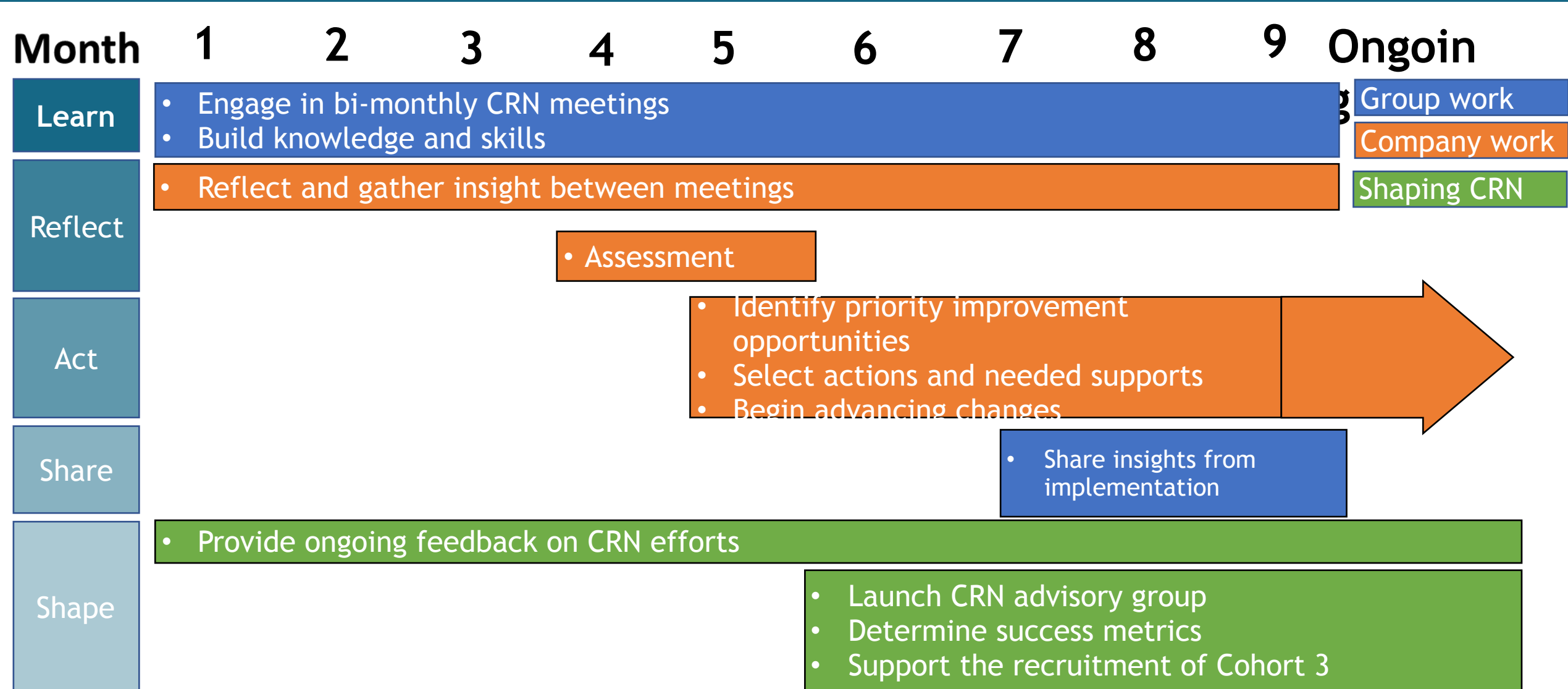
Decoding the Primitive Brain: https://www.youtube.com/watch?v=Uau_nXMSLjs 2.32

Regulation Techniques: <https://www.youtube.com/watch?v=x9svli-P4pg>
1.21 sec

Kintla/CRN Resource Center: <https://www.kintlallearn.com/crn>

Power of Positive Connections: <https://rise.articulate.com/share/CoMn27uhZDCrmz4YePgn3Y3fTEYqFUk0#/>

Timeline



2-8 CRN participants from each organization

- Each organization should select participants they think will be best for long term impact given their ability to apply resiliency practices in day-to-day work and influence long-term actions within the company to improve workplace practices
- For example, participants could include
 - A senior company leader (e.g., CEO, COO)
 - A leader within Human Resources (e.g., CHRO, Chicago HR lead)
 - A Business Unit leader (e.g., Call Center leader, Plant leader, Retail location leader)

In Good Company!

Chicago Resiliency Network

Cohort 1 Corporate Members



Cohort 2 Corporate Members



What's Next

To Do

- Reach out to set up a follow-up conversation about joining Cohort 3
- Denean Pillar-Jackson: Denean@corpcoalition.org or 773 263-8555

Key Dates

- March 15: Confirm participation in CRN Cohort 3
- April 8: Confirm individual participants in CRN Workshops
- March & April: CRN Workgroup Onboarding and Engagement
- April 22: CRN Workgroup 3: Kickoff and Orientation

Fees

- For-profit organizations: \$25,000
- • Non-profit organizations: \$10,000-15,000, depending on size



**CORPORATE
COALITION**
* * of CHICAGO * *

Operating principles for the Chicago Resiliency Network



Being corporate-driven and responsive

The CRN exists to improve workplaces, employee experiences and business results. This requires being responsive to the corporations that are the “clients” of the CRN

Meeting firms where they are

Firms are at different places in the journey towards a healing-centered workplace and will have different resource and support needs as they get started.

Including employee voice

Developing a healing-centered workplace requires understanding employee perceptions and needs on a regular basis, adjusting accordingly, and engaging employees in the change

Learning from each other

Building healing-centered workplaces from across the city will require learning amongst corporations, learning from experts, and learning from communities and community-based organizations

Five types of activities will combine to build momentum for the CRN and its members

Learn

- Learn critical concepts related to resilience, trauma and healing-centered practices
- Put these concepts to work in your professional and personal lives

Reflect

- Reflect on current company practices from several perspectives
- Gather additional insight and input as needed
- Engage with experts and others to prioritize improvement opportunities

Act

- Advance the work in a way that works for your organization, leveraging the CRN Learning Management System and other supports as needed
- Make these concepts more present in your organization's day-to-day work

Share

- Share successes and challenges with other members of the CRN, learning from each other and accelerating progress

Shape

- Shape the future of the CRN by influencing governance, impact measurement and awareness amongst the broader Chicago community

CRN Member Priorities



	Strategic planning, vision and strategy. Review of policies and procedures.	Mental Health/ Wellness Assessment	Frontline Manger Training	Flexible Work Schedules	EAP review and improvement	Video, Marketing and communications strategy	Resiliency Training for Senior Leaders	State of Employee Assessment
Company 1	X	X	X		X		X	X
Company 2		X	X			X	X	X
Company 3			X	X			X	
Company 4	X					X	X	
Company 5		X	X				X	X
Company 6								
Company 7								
Company 8					X			
Company 9	X		X			X	X	