

CELEBRATING RESILIENCE

SABRINA ROACH, MC,BSC

RIVER'S EDGE COUNSELLING CENTRE

AGENDA

- What is Resilience?
- Peace by Chocolate Synopsis
- The 7 Cs of Resilience
- Types of Resilience
- TedTalk Video



- Resilience refers to both the process and the outcome of successfully adapting to difficult or challenging life experiences.
- Resilience requires mental, emotional, and behavioral flexibility and the ability to adjust to internal and external demands.
- Resilience requires a skills that develop over time. Building resilience takes time, determination, and help from others around you.
- Flexibility, adaptability, and perseverance can help people tap into their resilience by changing certain thoughts and behaviors.
- Resilience is what gives people the emotional strength to cope with trauma, adversity, and hardship. Resilient people utilize their resources, strengths, and skills to overcome challenges and work through setbacks.

WHAT IS RESILIENCE?

Celebrating RESILIENCE

October 26, 2023
The Arden Theatre



Featuring
Tareq Hadhad,
Founder of
**PEACE BY
CHOCOLATE**

PEACE BY CHOCOLATE

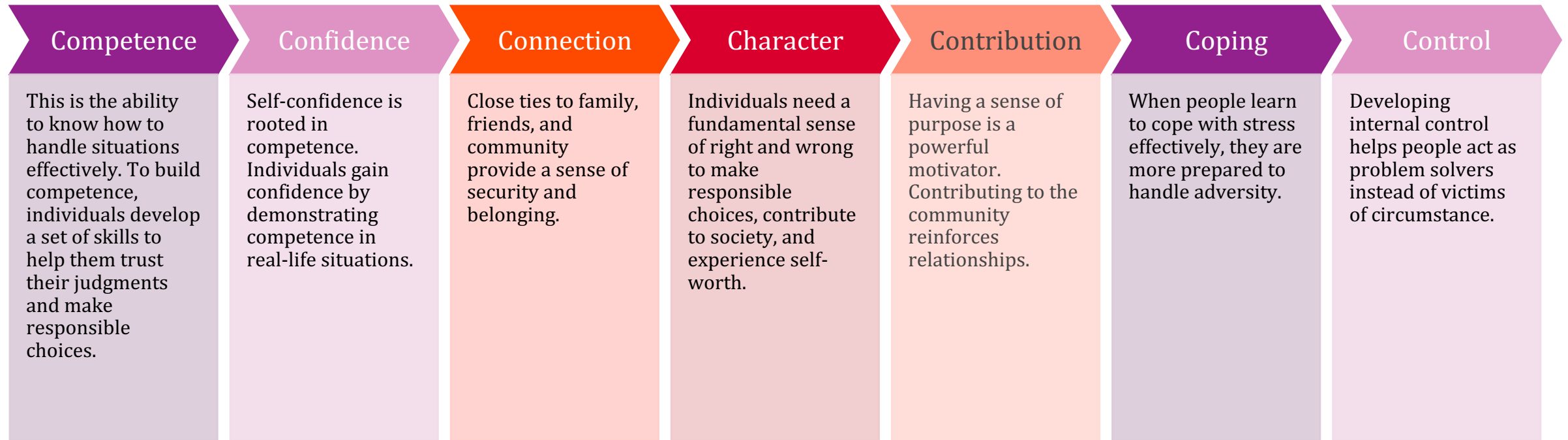
SYNOPSIS OF THE AWARD-WINNING BOOK AND FILM

A STORY OF RESILIENCY THROUGH ADVERSITY

- Tareq Hadhad and his family describe a harrowing journey from Syria to Canada with heartbreaking stops along the way.
- From sunny days in Syria to the beginning of conflict and civil war. Tareq shares the fear and confusion that came when violence and danger begin to slowly surround his family. He shares the tribulations of spending days hiding in a basement and praying for safety. Their beloved chocolate factory destroyed by bombing.
- The Hadhad family made the difficult decision to leave their home in search of safety only to find more uncertainty and desperation as refugees in Lebanon.
- Passionate about peace and entrepreneurship, Tareq's family relaunched the family business in Nova Scotia, Canada to recreate the chocolates they once exported across the Middle East.
- An award-winning feature film, *Peace by Chocolate*, turned the family story into an international inspiring phenomenon. Hearing Tareq share his story will leave you feeling inspired to develop more resilience in your life.

THE SEVEN CS OF RESILIENCE

Dr. Ginsburg, a pediatrician specializing in adolescent medicine at the Children's Hospital of Philadelphia and a cofounder of the Center for Parent and Teen Communication, developed the 7 Cs model of resilience to help kids and teens build the skills to be happier and more resilient.





TYPES OF RESILIENCE

- Psychological resilience
- Emotional resilience
- Physical resilience
- Community resilience

TYPES OF RESILIENCE



Psychological

The ability to mentally cope with or adapt to uncertainty, challenges, and adversity.



Emotional

Emotionally resilient people understand what they're feeling and why. They are proactive in using both internal and external resources.



Physical

Physical resilience refers to the body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently.



Community

Community resilience refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, and economic hardship.

RESILIENCE TEDTALK VIDEO

<https://www.youtube.com/watch?v=NWH8N-BvhAw&t=966s>

6:00 to 14:30

Peace  by
CHOCOLATE
a Syrian family tradition



THANK YOU

Sabrina Roach, MC, BSc