



Resilience Strategies for Educators (RSE): Techniques for Self-Care and Peer Support

Live and Virtual Trainings by Request

In partnership with the U.S. Department of Education, Office of Safe and Supportive Schools, the Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center is pleased to offer the *Resilience Strategies for Educators (RSE): Techniques for Self-Care and Peer Support* training topic in two formats: Train-the-Educator and Train-the-Trainer. Available through the [Live Trainings by Request](#) and [Virtual Trainings by Request](#) programs, this training presents approaches to caregiver resilience and can be delivered in person or virtually. For each training modality, the REMS TA Center will provide — free of charge — training materials, as well as one or more live subject matter expert trainers and staff support for the event hosted at your site or online.



Live Training by Request

Facilitated on-site at your school, school district, or education agency



Virtual Training by Request

Delivered online through a videoconference platform

Learn resilience strategies that you can use to increase your ability to work more effectively within a school community impacted by stress, loss, and trauma caused by a variety of emergencies, including, but not limited to, community or family violence, natural and man-made disasters, and/or economic hardship. Important concepts covered include dimensions of compassion fatigue, professional and personal self-care plans, and [Psychological First Aid](#). This training can assist schools in their health, social, emotional, and behavioral recovery efforts before, during, or after an emergency event. Below, you will find information about each synchronous training format.

Format	Live Training by Request	Virtual Training by Request
Train-the-Educator	7 hours in length 25 minimum participants 40 maximum participants	4 hours in length 25 minimum participants 475 maximum participants
Train-the-Trainer	8 hours in length 25 minimum participants 40 maximum participants	<i>This format is currently not available.</i>



RSE 101 Train-the-Educator (TtE)

This training presents strategies for school staff to use to prevent their own burnout in the aftermath of a critical incident. It prompts participants to assess their wellness and strategize how they can maintain a work-life balance to promote recovery and healing.

WHO SHOULD ATTEND

- ✓ School district and school administrators, educators, and staff;
- ✓ School counselors, school psychologists, and school social workers; and
- ✓ Community partners, such as local mental/behavioral health practitioners.

RSE Train-the-Trainer (TtT)

This full-day training follows a format similar to the TtE but provides techniques and tips that will prepare you to deliver the RSE TtE to other adults. It is intended to build the capacity of your education agency by creating a cadre of master trainers to deliver future trainings.

WHO SHOULD ATTEND

- ✓ Potential master trainers from participating schools and school districts responsible for training site-based staff; and
- ✓ The same audience as for the TtE.

APPLY



Complete and submit the Training by Request Host Site Application Form to info@remstacenter.org at least 45 days prior to the requested training date. You will receive an email notification acknowledging receipt of the application within 3 days of applying. If you do not receive this, please contact the Help Desk at (855) 781-7367 [REMS] or info@remstacenter.org.

NEXT STEPS

AWAIT CONFIRMATION



The REMS TA Center and the U.S. Department of Education review the application. If it is approved, we will send an email with documents attached, including a Host Site Agreement and Planning Checklist. If the application is not approved, we will send an email with instructions for resubmittal.