

**Frequently Requested  
School Counselors & Licensed  
Professional Counselors**

**Resilience-Focused Brief Counseling**

Introduction to a strengths based, wellness promoting approach to case conceptualization and counseling intervention. An optimistic and empowering alternative, to the psychopathology focused DSM paradigm..

**Resilience-Focused Brief Family Counseling**

A strengths-based, wellness promoting approach to counseling families. A practical step-by-step process as well as specific strategies & techniques for Resilience-Focused Brief Family Counseling

**Parent Counseling Skills for School Counselors.**

Learn to assess learning and behavior difficulties from a systems perspective along with a step-by-step process for conducting effective and positive, problem-resolution focused parent/teacher/counselor conferences that get everyone onboard and working collaboratively to help children succeed.

**Resilience-Focused Assessment and Intervention strategies with school related problems**

School counselors & LPC's learn a comprehensive developmental approach to assess the role of child, family & school dynamics in learning & behavioral problems as well as intervention strategies for empowering home, school & student.

**Developing Resilience-Focused School Counseling Programs**

An invitation to Re-think the role and function of school counselors based upon the emerging resilience research! Learn to develop & implement a comprehensive, resilience focused school counseling program; a strengths-based, empowering approach to assisting students, teachers, and parents in promoting optimal child development and school success.

**Frequently Requested  
Parent & Community  
Presentations**

**Developing Your Child's RQ**

Research indicates it is not IQ, GPA nor Self-Esteem that best predicts success in school and career; it's your **RQ!** Learn practical strategies to foster resilience in your children.

**Helping your child Succeed in School: What parents need to know but nobody tells you**

The latest research on how children succeed is translated into practical applications for how parents can best assist their child to succeed in school both academically and socially. Common myths and counterproductive practices are also identified.

**Characteristics of Highly Effective Parenting**

Parenting style and family dynamics have been identified as the single best predictors of children's success in school & life. Learn the skills and practices of highly effective parents and families in order to increase your **Parenting RQ**

**Third Culture Kids/Global Nomad Families:  
Navigating the transitions and changes**

International families are introduced to the unique issues of Global Nomad Families & Third Culture Kids. Learn practical strategies for promoting family resilience your child's **RQ** while navigating the many changes & transitions.

**Resilience Counseling & Training  
Center**

**William G. Nicoll, Ph.D. & Monica A. Nicoll, Ph.D.**

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**Website: [www.resiliencecounselingcenter.com](http://www.resiliencecounselingcenter.com)**

**RCTC Services**

- Professional Development for Schools & Educators
- Staff Development Training for Counseling organizations & agencies
- Counseling/Therapy (Individuals, Couples, Families)
- Parent Coaching & Parent Education
- **RQ** Growth & Enrichment Workshops (Individuals, Couples, Families)



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**Providing Professional  
Development & Consulting  
Services to Schools &  
Organizations Worldwide**

*The Resilience Counseling & Training Center provides high quality, practical workshops for the professional development of your school's teachers & counselors. RCTC also provides keynote speakers and presentations to parent and community organizations.*

**Professional Development Workshops  
Teacher Training Programs  
Counselor Training Programs  
Consulting Services  
Professional Resources  
Keynote Speakers**

*Let RCTC provide your next staff development training program and help move your school from being a "Good School" to becoming a "Great School"!!*

**Resilience Counseling & Training Center**  
Locations in Florida & New Hampshire, USA  
**[www.resiliencecounselingcenter.com](http://www.resiliencecounselingcenter.com)**  
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## **Raising Your 'RQ' (Resilience Quotient): Students, Teachers & Parents**

### **What is RESILIENCE?**

Resilience is the ability to set a positive, productive, fulfilling and goal-oriented direction in life while also being equipped to handle adversity, stress, difficulties, failures and setbacks in stride. It's the ability to bounce back and continue moving forward in a positive direction. Resilience is a "**Social Vaccine**" immunizing youth from the myriad of today's social problems. Resilience is also an "**Antidote**" and the key to turning "at-risk" youth around to personal, social and academic success. Resilience incorporates personal qualities such as character, grit, optimism, emotional intelligence, empathy, responsibility, social intelligence, problem solving, and aspirations.

### **Why is RESILIENCE important?**

While we focus all too much attention on IQ, GPA, & Self-Esteem, the fact is none of these are good predictors of future success. It is your **RQ** (resilience quotient) which research identifies as the best predictor of academic, career, and personal success! Resilience as the key to empowering people to realize their full potential: academic, social, personal, & occupational!

- **Raising Student RQ** leads to higher achievement & aspirations, better grades, and more socially responsible and productive behavior.
- **Raising Teacher RQ** leads to improvements in classroom climate & school culture which, in turn, leads to higher student motivation & achievement, reduced bullying & behavioral problems. And greater job satisfaction/staff morale.
- **Raising Parent RQ** leads to more effective parenting resulting in better grades, higher aspirations and more responsible, cooperative behavior and reduced risk of problems with drugs, alcohol, delinquency and other adjustment problems.

**Success = IQ X RQ**

### **What leads to a High RQ?**

**Resilience requires the development of:**

- 1) **Positive, supportive social environments** available in the home, school, & community.  
&
- 2) **Social-Emotional Competencies** learned & nurtured in these environments.



### **The Resilience Counseling & Training Center**

**RCTC** provides high quality, practical Professional Development Programs for schools & organizations worldwide. Participants learn practical strategies and techniques for increasing their own **RQ** as well as those of children & adolescents via resilience-focused classrooms, schools & families.

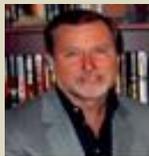
**RCTC** has provided professional development training programs & consulting services to hundreds of schools and organizations across the **USA, South America, Central America, the Caribbean, Europe, Asia, and Africa.**

#### **Comments from Previous Training Programs:**

- ✓ **I have attended many continuing education programs before; this one ranks as the best!"**
- ✓ **Revolutionary information that changes the way I view my profession**
- ✓ **The most knowledgeable presenter I've seen in years.**
- ✓ **Knowledgeable speaker & humorous approach to sharing a lot of content, so interesting!**
- ✓ **Dr. Nicoll challenges the audience to rethink our current practices and perceptions.**
- ✓ **The finest teacher I've had in 18 years of higher education & through two masters programs.**
- ✓ **Dr. Nicoll is the most knowledgeable presenter I've seen in years.**
- ✓ **[Dr. Nicoll] combines interesting lectures with excellent demonstrations of the skills.**
- ✓ **Most valuable and practical workshop I have taken in fifteen years of study!"**
- ✓ **Excellent, very inspiring! wish everyone could hear you!**

### **Presenter: William G. Nicoll, Ph.D.**

An internationally recognized expert in the areas of schools, families, and positive youth development. Bill brings over 40 years of professional experience as a university professor, classroom teacher, special education teacher, school counselor, and licensed professional counselor/therapist specializing in brief counseling/therapy with children, adolescents & families. Dr. William Nicoll served as a national trainer for the American Counseling Association and has provided professional training programs & consulting services in over 50 countries on 5 continents around the world!



## **Frequently Requested TEACHER WORKSHOPS**

**RCTC** provides professional development training specifically designed to meet your school & staff needs. All programs include staff training manuals specifically tailored to address for your school's unique school improvement goals. Contact us for information on how we can assist with your school's staff development or program development needs.

### **Developing Transformative Schools: A 'Copernican Shift' in education**

Educators are challenged to move from innovative to transformative change in schools. Research from multiple disciplines is translated into the implications for practical application in our schools & classrooms.

### **Resilience-Focused Classroom Discipline**

Classroom behavior management has been identified as the greatest skill deficit of teachers and the primary reason for leaving the profession. A positive, resilience-based approach is introduced that improves student behavior & learning motivation without the counter-productive strategies of rewards & punishments.

### **Bully Proofing Your School**

A comprehensive, research-based approach to reducing bullying & social aggression. Learn what works & what doesn't as well as the skills and practices of an effective, resilience-focused approach for an effective bullying prevention & intervention program.

### **Resilience, the 4<sup>th</sup> "R" of Education**

The importance of returning Social-Emotional Learning to the curriculum is introduced along with practical strategies for infusing SEL into the academic curriculum. Improving student RQ has been shown to lead to higher achievement and decreased behavioral problems.

### **Improving Home-School Collaboration**

Research identifies family dynamics as impacting student academic success more than all the instructional variables combined. Teachers learn practical skills for effectively engaging parents in supporting their child's school progress as well as how to conduct a collaborative parent/teacher conference to resolve learning and behavior problems.