

# Community-Based THRIVE Workshops

Experiencing adversity in life is inevitable, but that doesn't mean we have to sit back and watch it strike. Whether your community or organization is in the midst of crisis, dealing with the aftermath, or in the calm before the storm, Worldmaker is here to help you build resilient environments and equip you to prepare for, adapt to and grow through the emotional and mental toll of dealing with adversities as mundane as overwhelming daily stressors or as unique as natural disasters or civil unrest.

## OBJECTIVES

### SESSION GOALS

Help participants:

- Clarify Values
- Set Meaningful Goals
- Learn Perseverance Tools
- Gather as a Community

### HELPFULNESS RATING

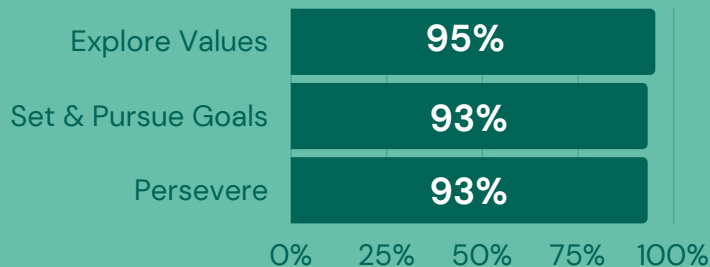
Percentage of adults and youth who said that the session was helpful or very helpful.

Adults 98%

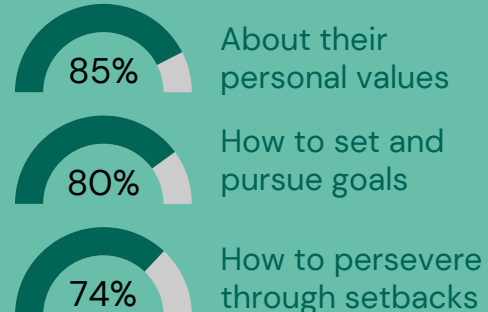
Youth 85%

## LEARNING OUTCOMES

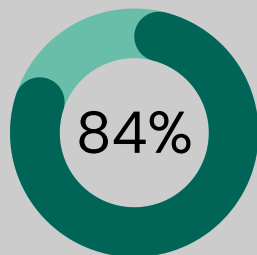
Adults that gained new tools to help youth:



Youth that said they learned:

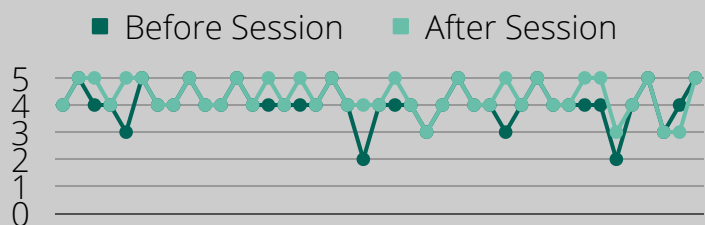


## BUILDING A SENSE OF VISION



of youth reported feeling more positive or hopeful about what their future holds after the THRIVE session.

Adults reporting a sense of purpose and hope increased significantly!



Results indicate a statistically significant increase after Session One - Vision: What's Your Word? ( $M = 4.32, SD = 0.65$ ) compared to before ( $M = 4.02, SD = .72$ ),  $t(41) = 2.91, p = .001$ .