



# Resilience Training

*The New Integrated PsychoPhysiology*

Evidenced-Based Training to Build Resilience

## Introduction

The Center for Meditation Science has a long legacy of advocating teaching styles and philosophies that engender building resilience and conscious leadership.

**Resilience Training** provides support to key officers, directors and managers, and to employees at all levels, recognizing that everyone has the capacity to live and lead with excellence.

Current approaches to addressing resilience and leadership tend to focus on mindfulness, positive psychology and leadership development. While these important efforts must continue, the science and practice of training the mind through **breath training** and **focused awareness** integrated with **nutrient based protocols** to support brain potential, provides a more comprehensive approach through the development of resilience skills.

The **Resilience Training** is based on the fact that Resilience starts in the mind and that the mind and body are one. Therefore, the skill set incorporates fundamental lifestyle habits into the curriculum. The training gives participants a skill set that sets them apart from the status quo and can be employed on the job as well as at home and in other circumstances. Through integration of **science** and **practice** the **Resilience Training** offers participants the **most comprehensive and practical training currently available** fostering an environment of confidence, focus and sustained optimism.

# Training sessions

The **Resilience Training** address the science of stress as well as resiliency with respect to performance and wellness. The training includes practical exercises and techniques to strengthen skills.

## Highlights include

- Overcoming adversity and challenges
- Benefits of increased resilience to stress and conflict
- Manage and decrease stress and anxiety
- Building positive relationships and networking

Our training sessions are meticulously planned and delivered by the founder of the nationally acclaimed, Meditation Specialist Program - Where Science meets Practice - Susan Taylor, PhD. The trainings have been used by the Department of Naval Defense and Medical Establishments and are designed in a manner geared toward the maximization of efficiency. Your time is valuable, so is the goal — to best prepare you and your organization while taking up the least amount of your time possible.

Your training will be designed and implemented by Susan Taylor, PhD. with a total number of sessions that are customized support your needs.



Training sessions will be comprised of both activities and lectures that will touch upon the following subjects:

- Our current landscape and what is needed for trust, loyalty and well-being
- Creating Your Current Story – what is it and how to change it?
- Definitions of what it means to be resilient, successful and vital
- The Science and Habit of conscious breathing to promote regenerative resilience
- Why training for resilience must be taught with scientific precision integrated with practical strategies
- What are the core components of physical, psychological, and spiritual resilience
- The science behind the practices - exploring the brain
- Anatomy of “mind” and how to utilize all 4 functions to be more effective
- The importance of a systematic practice to obtain sustainable results
- Five steps utilizing mindfulness in focus to promote neurological balance and focus

## Resilience Training Description

The **Resilience Training** focuses on shifting focus in the direction of optimal biological expression. In other words, transforming oneself and others through habits to support “turning on” the genes that promote resilience, wellness and longevity. Through training in awareness and focus skills can be applied both professionally and personally.



***The mission of the Center for Meditation Science is to address Resilience from an inner skill set rather than what is most often seen with outer technical, behavioral and psychological skill sets.***

We define resilience as a mindset. It refers to how well you can deal with and bounce back from the difficulties in life. Training in focused awareness integrated with the **3 neurological hubs for resilience** —Hara, Head and Heart—provides the skills that allow one to acquire the core components found among those with resilience: confidence, focus and unshakable optimism.

**The Resilience Training** is designed on a model of total “well-being” incorporating self-knowledge and self-awareness for participants to harness the power to utilize the mind's potential for themselves and others. Using evidence based science and practical skills participants develop techniques in awareness, focus and daily living, which is reflected in vision, self-identity and empathy for humanity on every level.

- This program sheds light on two critical components of resilience: awareness and focus (*mindfulness in focus*) with the added component of physical wellbeing. Through the **Resilience Training** and the supporting practices, participants learn skills to focus the energy of the mind, because the energy of the mind is the essence of life, at work and at home.
- The **Resilience Training** teaches participants to mentally condition themselves to manage their thoughts and emotions in order to focus, sustain concentration, and enter and stay in the **resilience zone**. The result is better relationships, listening skills, decision making and health and wellness—not only among the individual, but also within their personal and work relationships .



## Three Modules

### Module 1: Shifting Your Gut in the Direction of Resilience

Based on Dr. Taylor's best selling book, ***Feeling Good Matters***, Taylor brings light to the Global Epidemic of Stress and Anxiety resulting from our thoughts and feelings, diet, toxins in the environment, non-human social interaction, nutrition and the decline in nature. Armed with the most recent research in the field of human behavior and mental health, Taylor will deliver the science and practices to create the stability, focus and resilience that leaders and their followers need to be successful in their businesses, organizations and/or communities.

#### Learning Goals:

- Define the role of how physical and mental digestive function and the gut-brain axis play on our resilience
- Increase knowledge of what and when to eat to support a sustained positive mood and vibrant energy
- Practice specific breathing and mindfulness practice to access the pathways from the gut to the brain for sustainable resilience
- Create a personal lifestyle plan to support resilience

These goals are accomplished through 1-2 day workshop sessions, practice groups and optional private advisory session.



**Fundamentals of Health and Resilience** - the role of Self-Awareness, Self-Knowledge and Self Discipline participants are given the evidence based science on physical, neurological and emotional health being rooted in 3 neurological hubs. Through lecture and group discussion, participants will define their “why” and “how” to shift focus to optimize their genetic potential when formulating a lifestyle plan.

**Foundation Principles** - the **science of breath** will be the core of this module due to the fact that cognitive and physical optimal function can only be achieved by establishing diaphragmatic breathing as the default breath. This skill set serves as a foundation for any resilient training or wellness training. This is the **trademark skill** for all practices that follow.

**Establishing Resilient Habits** - Participants are coached on why and how to create new habits that can be implemented into their work and lifestyle in order to make progress with physical, neurological and emotional resilience.

**Advisory Planning** - Participants are given opportunity to meet 1-2-1 with instructor to assist in preparing a Personal Resilience Lifestyle Plan. The strategy is based on formulating new habits according to the capacity of the participant.

## Module 2: Shifting Focus in the Direction of Resilience

New research shows that Focus creates happiness and that we are really only paying attention to the here and now 47 percent of the time. A distracted mind loses its ability to perform at its peak with clarity and precision. When focused, the mind can be used to accomplish the goals to sustain a life of purpose and fulfillment. **Shifting Focus in the Direction of Resilience** is a core training to collect, contain and direct the energy of your mind. The result, less stress, better performance and optimal biological outcomes.



## Eligibility Criteria: Module 1

### Learning Goals:

- Anatomy and function of the mind's 4 functions
- Knowledge based principles to navigate ups and downs
- Breathing practices to regulate the mind's fluctuations
- Meditation practice (mindfulness in focus) to strengthen attention
- Diet and nutrition principles to support a focused and clear mind.

These goals are accomplished through 1-2 day workshop sessions, practice groups and optional private advisory session.

**Fundamentals of Mind and Resilience** - the Resilience starts in the mind however, the mind and body are one. We learn to work with the mind, by directing our focus on the physical aspect of our being. Understanding the anatomy of the mind and how it functions serves as a foundation to begin learning to focus the mind.

**Mind in Focus** - the science of breath awareness and balancing the right and left hemisphere of the brain will be the core of this module due to the fact that *mind follows breath*. This skill set serves as a foundation for refining our energy and optimizing the minds potential. This is the trademark skill for focused awareness resilience training.

**Moving through Obstacles that Create Delays** - Participants are coached on how to create a new habit of focusing the energy of the mind utilizing breath awareness as a resilience regulator. Specific practices can be implemented into a 5 minute practice removing obstacles that get in the way of their best intentions.



**Advisory Planning** - Participants are given opportunity to meet 1-2-1 with instructor to assist in preparing a Focused Awareness practice. The plan is based on formulating a practice for those with challenges with time efficiency.

## Module 3: Conscious Leadership in Action

### Eligibility Criteria: Module 1 and 2

#### Learning Goals:

- Qualities of Conscious Leadership and well-being
- Leading with Love rooted in being conscious of the Self, not self-conscious
- Knowledge based protocols to teach 5 steps for Focused Awareness
- Skills to teach systematically and with precision
- Practice Rx: how to determine what practices best fit the individual and group

These goals are accomplished through 2-3 day workshop sessions, practice groups and optional private advisory session.

**Conscious Leadership in Action** focuses on transforming yourself and then others through inner engineering applied to leadership roles. This Module is to **train-the-trainer**. Our mission is to address leadership from an inner skill set rather than what is most often seen with outer technical and psychological skill sets. We define a leader (trainer) as an embodiment of consciousness that represents the desires and attitudes of a group- family, community, or country. Training in focused awareness —mindfulness in



focus— skills allows one to acquire three core components found among great leaders: **presence**, **self-empowerment** and **compassion**.

The **Conscious Leadership in Action** Module is designed for those who have excelled in Modules 1 and 2 and want to continue on to become leaders of resilience through focused awareness. A model of sustainable “resilience” incorporating self-knowledge, self-awareness, self-discipline into a 5 step systematic training for leaders to gain full access to the mind's potential for not only themselves, but for others. Utilizing evidence based science and practical skills, participants develop teaching tools to teach resilience through focused awareness.

### **Teaching Others**

This module focuses on teaching from a place of being Conscious of the Self, with a higher purpose which is reflected in personal vision, self-identity and vision for humanity on every level.

We call this *Conscious Leadership* as it views great leaders are charismatic and they externalize their internal representation on the world in positive ways to breed success for others. Success practiced consciously, brings a better life, inner and outer, to both leader and the group she/he leads.

**Advisory Planning** - Participants are required to meet 1-2-1 with instructor to test skill set before stepping into teaching. The plan is based on preparing the trainer for success through their demonstration of delivering the program.

*As humans, our minds are constantly reliving the past and planning the future, but unfortunately, not being in the present can also be detrimental to our health. One way organizations are helping employees enhance productivity through the “here and now” is by practicing mindfulness in focus. I highly recommend Dr. Taylor’s training.* DOD, Government Employee



# About Susan Taylor, PhD

Susan Taylor PhD, will provide training utilizing the methodology used for the past 2 decades with **Licensed Medical Professionals** and the **Department of Defense**. Dr. Taylor bridges the gap between science and practice as she teaches how to connect to the inner source of knowledge and access the higher functions of mind to experience what lies within our own realm of consciousness. The trainings are designed to inspire others to go beyond the status quo to bring individual change that is needed to collectively bring a positive force of change to the world.

A trained scientist and practitioner, Dr. Taylor has based her career on understanding the link between psychological function and physical reality, and how the mind-body matrix plays a role in our personal and community health and healing potential. Her area of expertise lies in understanding the **essential functions of the mind** and through proper training can serve as a tool for someone to discover and go beyond their current health status quo.

Her trainings have been utilized by those experiencing emotional and physical stress resulting in issues such as: Anxiety, Depression, Lack of Confidence, Distraction and Fatigue. Taylor integrates Leadership, Resilience and Focused Awareness so her students and clients can experience the **positive force that leads to change**. She has achieved national and international recognition for her teaching of practical ways to integrate the best of Western Medicine with Natural Medical focused traditions.

For more than 40 years, Dr. Taylor has been teaching the integration of nutrition and meditation science as a wellness model for health and healing. Taylor developed the widely acclaimed **Meditation Specialist Training**, which has won the ANCC award as a unique skills-building competency platform that leads to certification for teachers and healthcare practitioners worldwide. Her long career began at Columbia University Medical School of Nutritional Sciences, where her master's degree work became the basis for a clinical nutrition practice specializing in the nutrient factors that affect psychological function. Through client and workshop sessions, she concentrated on resolving the physical, emotional and psychological issues related to diet. She later earned a PhD from Case Western Reserve University School of Medicine, where she conducted research in Nutritional Biochemistry that appeared in The American Journal of Physiology, Analytical Biochemistry and Clinica Chimica Acta.



During the past decade, she established the Center for Meditation Science, which provides hybrid-integrated nutrition and meditation programs internationally to wellness practitioners, teachers, government and business professionals. Her scientific acknowledgement as an expert in Meditation Science appears in the **Journal of Clinical Psychopharmacology 2017**. Dr. Taylor has authored several best-selling publications that include *Feeling Good Matters: The Yoga of Mind, Medicine and Healing*, *The Vital Energy Program*, and *The Healing Power of Meditation* CD series. A frequent guest on radio and television programs, she also hosts the *Susan Taylor, PhD* online podcast.

### **Dr. Taylor will deliver:**

- Science based discussions and practices.
- Authentic precise systematic training as founder of the Center for Meditation Science.
- The most current research with regard to epigenetics, stress management, regenerative resilience with an integration of mindfulness, meditation and nutrient based protocols.

### **Partial List of Clients:**

- Harvard University
- Brown University
- Gannett Corporation
- OnCourse Learning
- Hunter Douglas
- Aveda Corporation
- Osteopathic Association
- ANCC
- INDUS
- Department of Defense

### **For additional information:**

<https://drsusantaylor.com/resilience-training/>

