



FLORIDA STATE UNIVERSITY SCHOOLS, INC.

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FSUS Mission

Educational Research

Innovative Instruction

Professional Service

Dear Prospective Resiliency Coaches,

Building resiliency for all students is a very important focus at FSUS. Through our monthly Wellness Wednesday mental health educational lessons, we are empowering our students to become resilient. Resiliency characteristics, such as grit, perseverance, and problem solving can be applied in a variety of situations, whether a student is improving a course grade, participating on a team, or recovering from a natural disaster.

Resiliency Coaches are considered trusted adults who are trained to support children as they build resiliency to face day-to-day challenges. As a Resiliency Coach, you will serve as mentor to students offering resiliency support.

If you are interested in signing-up for the *Resiliency Coach Training*, please visit <https://www.buildresiliency.org/resiliency-coaches> and select the Sign Up Now logo.

We appreciate your interest in becoming a mentor to our students and look forward to reviewing your registration. We believe Resiliency Coaches can make a meaningful difference and we are excited about this opportunity to further foster a school culture of growth, perseverance, and mental agility.

Please contact me with any questions at jkinney@fsu.edu.

Respectfully,

Jennifer Kinney
Mental Health Coordinator
Student Services Director
School Counselor