



## 4 Hour Online Tribal Resilience

### Welcome

- Welcome
- How to Use This Module
- Definitions

### Intake Forms

- Intake Form

### Pre-Module Assessment

- Pre-Module Assessment

### Tribal Resilience

- Defining Resilience
- Identifying Kinship
- Community Strength

### Personal Triggers

- Personal Triggers and Trauma
- Personal Triggers
- Self-Awareness Techniques

### Communication

- Traditional Communication
- Active Listening
- Digital Spaces

### Storytelling

- Understanding Storytelling
- Personal Narratives
- Advocate for Community Issues
- Narrative Outline

### Empowerment

- Pillars of Community
- Mutual Aid

### Advocacy Skills

- Understanding Policy
- Persuasive Communication
- Building Alliances

### Cultural Practices

- Ceremonies

### Action Planning

- Resilience Plan
- Support Networks

### Resources

- Resources

### Sources

- Sources

### Post-Module Assessment

- Post-Module Assessment

### Final Exam

- Final Exam

### Survey

- Feedback on This Module

### Completion

- Completion