



RESILIENCE MARKER TRAINER PACK

Learning objectives for the proposed training

This training pack provides you with all the materials to organize a 1-day training on CARE's Increasing Resilience approach and Resilience Marker. At the end of this training, participants will:

- Have a better understanding of resilience, CARE's Increasing Resilience approach and CARE's Resilience Marker.
- Be able to apply CARE's Resilience Marker
- Be able to identify activities to improve the integration of resilience in their development or humanitarian project



1 Day



5 Sessions



English



CARE Staff*



Beginner (trainee)

Sessions included in this training

This 1-day training is made up of 5 sessions:

- Introduction
- Increasing Resilience Framework
- Resilience Marker Step-by-Step
- Applying the Resilience Marker
- Conclusion

Content included in the Trainer Pack

- User guide
- Training agenda
- Editable Powerpoint (1 ppt including the different sessions)
- Cards for exercise 2
- Resilience Marker Guidance Note
- Resilience Vetting Form

Why this training?

Using the Resilience Marker is compulsory in CARE for all types of projects, so teaching all programming staff how to use it properly will ensure:

- The data you collect are of high quality
- The Marker can be used as a learning opportunity to improve CARE programming

Audience

This training is primarily designed for CARE staff but can be adapted for non-CARE staff. As the context for its use will differ from region to region and country to country, this trainer pack is generic, and materials should be adjusted to your participants' needs.

Materials needed for the training

- Training materials (PowerPoint)
- Projector & Proper audio and Internet connection to show the videos
- Computer
- Coloured cards, paperboards and markers

Documents to be printed in advance

- Exercise #2 (one per group of 4–5 people)
- Resilience Vetting Form (one per participant)
- Guidance Note (one per group of 4–5 people)

Extra Activities

Here are additional activities you could add to make your training even better:

- Invite a researcher to present the resilience concept (30 minutes).
- Invite another NGO/partner organization/donor to share how they are integrating resilience in their programming.
- Add games to make the training more interactive (the Red Cross Climate Centre has a number of games available [here](#)). For example, you could use the [Farming Juggle game](#) to illustrate the difficulty of dealing with several shocks and stresses at the same time and importance of looking at resilience to different kind of shocks and stresses.

Tips to prepare the training

- Find an available time for the training and suitable room where colleagues can sit together and chat in the breakout groups.
- Go through the whole trainer pack: agenda, PowerPoint and notes, documents to print and adapt them to your context, the participant's expertise and time available. For this training, you can:
 - ❖ Train people on the other 2 markers (Gender and Inclusive Governance) and ask people to fill in the 3 markers during the work group.
 - ❖ Include examples from your office project in the step-by-step description of the Resilience Marker to help understanding.
- Add extra activities if time allows
- Ensure that you have all the necessary materials
- Ensure that you have printed all the documents listed

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