

SPARKs Resiliency Program



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SPARKs Resiliency program is designed to be delivered to individuals and groups and be taken either virtually or in person. It is customizable to meet the needs of the individual or group, meaning that it can be delivered in just a few hours (as a mini course) or over a couple of days (as an in-depth program, with 10 lessons). To decide which would meet your needs and the fee structure, please contact Carleen directly:

Connect@CarleenRoss.com



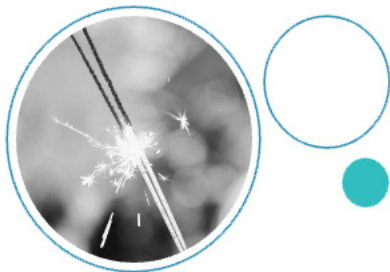
SPARKS RESILIENCE PROGRAM

What is it all about?

The SPARKs Resilience Program is a universal and researched positive education intervention that can be delivered to ages as young as 11 years old and up. It builds on the resilience and cognitive behaviour therapy, mindfulness, and positive psychology doctrines with the goal to help build emotional resilience to help build emotional resilience. It was developed by Ilona Boniwell who is a world leader in Positive Psychology.

The program will take the participants on a self-reflection journey allowing them to become more in control of their lives and emotions. Each segment of the program is built around the acronym of SPARK:

- S - Situation
- P – Perception
- A – Autopilot
- R – Reaction
- K - Knowledge



SITUATION & PERCEPTION

A situation is a neutral fact, it is how we interpret it that influences our response. There are no good or bad situations, however situations can bring us either joy or difficulties. It is how we perceive it that matters not so much what has occurred.

We all experience life in our unique way, and this uniqueness is based upon our processing styles, our personal histories, and our what our emotional states are in those moments.

When we can learn how to take a step back in our moments and use tools to evaluate the situation and what might be influencing our perception during those moments we create the opportunity for better reactions.



“IT’S NOT THE SITUATION ... IT’S YOUR REACTION TO THE SITUATION.”

ROBERT CONKLIN

KNOWLEDGE & RELATIONSHIPS

When we understand who we are, how we innately respond to situations, and how we would rather present ourselves we are able to better our relationships. Through personal inflection and developing skills in resiliency, we can continue to grow and develop ourselves and our relationships with others.

By developing resilience and awareness of who we are, we become capable of withstanding adversity and experience the creative power of intrapersonal growth.

“RELATIONSHIPS ARE BUILT ON ALL DIFFERENT FOUNDATIONS, AND THE ONES THAT LAST ARE BUILT ON TRUST AND OPEN HONEST CONVERSATIONS.”

NISHAN PANWAR



AUTOPILOT & REACTION

Throughout our lives we will experience situations that cause us to react as if we are on autopilot. Our autopilot behaviour can be expressed through our emotions, behaviours, or thoughts. These responses are unique to each of us as they are based off our belief systems, histories and processing styles.

To help bring in more awareness of how to shift these automatic responses into responses that are more in line with how we want to show up in life, perception degrees are introduced. Perception degrees help to illustrate how common distortions of human cognition and thinking may appear.

Through the program the participant will learn how to challenge these 'Degrees of Perception' so that they can regain control over their reactions to events.



**"A SHIFT IN PERSPECTIVE OPENS A COMPLETELY NEW SET OF
UNLIMITED POSSIBILITIES."**

Satsuki Shibuya

OUR SERVICES

Art



Carleen is an international artist whose artwork has represented Canada in international competitions and books. Through her artwork, she allows others to become more connected to our wildlife and nature and see the messages of hope and beauty they bring.

Education



Carleen allows her words and her unique way of processing as a neurodivergent to inspire others to see an alternative way of how they can show up in this [world](#)

Coaching



Carleen supports her clients with various issues and works through Biopsychosocial, Coaching Psychology, and Positive Psychology approaches. Many of Carleen's clients are neurodivergent, women wanting to feel empowered, empaths, and those going through life transitions (grief, children growing up, divorce).

WHO WE ARE

Carleen is an Artist, Educator, and Coach who brings all that she is into all that she offers to others. Through her vast educational background and her innate abilities as a neurodivergent, that she allows others to see situations and subjects from a different lens.

Carleen offers:

- Art that raises awareness and hope.
- Presentations that inspire self-worth, innate strengths & well-being.
- Sessions that allow others to become more self-assured.

CONTACT FOR MORE INFORMATION

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**"You are allowed to be both
a masterpiece and a work
in progress simultaneously."**

Sophia Bush

