



Program Description
Thriving on Campus
Resilience Coaching Program:
Helping Students Succeed
During Uncertain Times

Presented by: Nikita Gupta, MPH, CHES, RYT

College campuses face significant issues related to student well-being, resilience, and their ability to navigate challenges while working towards academic and personal goals. The complexities of urban life coupled with the current socio-political climate threaten the security and safety of many diverse and underrepresented individuals on college campuses (staff and students alike). There is a palpable uncertainty in the atmosphere.

Professional staff and faculty are seeing higher rates of anxiety, depression and impaired resilience now more than ever. With campus counseling centers often operating well-beyond capacity, there is a visible need to create a culture of healing and wellness that supports learning and student development in multiple service areas of campus. Therapeutic processes that support resilience, well-being and a growth mindset are viable practices that can augment thriving and community confidence while building empathy, integration, and connection across diverse groups.

***My personal mission** is to provide organizations cutting-edge programming and support to enhance resilience and coping skills for individuals at all levels of an organization (including staff, faculty and students) by creating brave spaces in which to nurture dialogue, mindful skill building, connection and hope. I am committed to working with diverse students and staff to develop resilience coaching programs, facilitate workshops and trainings and provide consultation/coaching to shift the culture toward whole-person/community success.*

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

- Victor Frankl

***Key Training Topics:** Grit and growth mindset, resilience, community healing, social justice, emotional intelligence, self-care, meditation & mindfulness, trauma-informed approach, life coaching, dialogue on diversity, affective learning, conflict management, leadership, mental health promotion*

About the Program

The *Thriving on Campus Resilience Coaching Program (TCRC)* provides an innovative approach to empowering individuals in activating their innate mechanism for adaptation against any challenge through well-tested, practical strategies that include body-based mindfulness, creative life design, and leadership.

The TCRC program is an interdisciplinary synthesis of theory and study that includes educational psychology, grit and growth mindset, neurobiology, mindfulness and healing, public health, social justice, trauma-informed care, yoga, positive psychology, leadership development and life coaching. It offers two components: 1) coaching skills development for professionals and student leaders, and 2) accessible, effective and applicable tools for developing inner resilience for all individuals (including students and professional staff/faculty).

This training has supported the learning and development of thousands of individuals in various educational settings with excellent outcomes. Participants consistently report an enhanced sense of well-being, greater mastery over life challenges, and increased success outcomes at work, school and beyond.

Workshop/Training Examples:

- Coaching Skills Training for Peer Leaders and Helping Professionals
- Empathy Management/Self-Care for Helping Professionals
- Growth Mindset Toolkit for College Students
- Trauma-Informed Approaches to Working with Survivors
- Dialogue Facilitation in Groups (Skills for Empathy, Connection, and Navigating Resistance)
- Mindfulness and Meditation (Practice and Application) for Resilience
- Body Image/Gender and the Impact on Success
- Understanding Social Identity, Justice and Inclusion
- Trauma-Informed Yoga/Healing
- Creating and Facilitating Healing Spaces
- Navigating Interpersonal Relationships – Effective Conflict Management
- Self-Regulation and the Nervous System
- Building Self-Esteem in Marginalized Communities
- Cultural Humility as a Foundation for Growth
- Team Wellness in the Workplace

Some of the organizations/groups who have benefitted from this program include:

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| ◆ University of CA, Los Angeles | ◆ United Friends of the Children | ◆ Licensed Therapists & Social Workers |
| ◆ College of the Canyons | ◆ Educating Young Minds | ◆ Kinship Care Trainers |
| ◆ Cal State Northridge | ◆ First Star Guardian Scholars Program | ◆ Academic Faculty |
| ◆ Rio Hondo College | ◆ Survivors of Gender-Based Violence | ◆ Success Coaches |
| ◆ Imperial Valley College | ◆ LGBTQ Community | ◆ Men of Color Peer Mentors |
| ◆ Wartburg College | ◆ Undocumented Students | ◆ Umoja Peer Mentors |
| ◆ Western Michigan University | ◆ Foster Youth | ◆ Puente Peer Mentors |
| ◆ Norco College | | |
| ◆ Cal State Fullerton | | |

Learn More: The TCRC program is available to wide audiences, and will be tailored to meet the specific goals of your organization/group. To find out more about the TCRC program and how it may support the needs of your campus and students, contact Nikita Gupta: nikitagupta108@gmail.com/ (424) 256-9108/ www.nikitagupta.com.

About Nikita Gupta



Nikita Gupta, MPH, CHES, RYT is a passionate and dedicated educator, program director, mentor and resilience expert in Los Angeles whose mission is to inspire individuals and communities to enhance their ability to thrive through simple mindfulness and resilience-based approaches.

Nikita has practiced and studied strategies for personal growth and success for over 22 years, bringing an interdisciplinary approach to her creative work. As an educator for 15+ years, she has created and implemented numerous programs to empower thousands of diverse individuals. For the last 7 years, she has worked with unique student communities at UCLA and other campuses (including foster youth, undocumented students, trauma survivors, LGBTQ students, and men of color), delivering workshops, academic classes, and trainings on managing stress, understanding trauma, emotional wisdom, enhancing self-esteem and leadership skills.

In 2014, she created the highly successful GRIT Peer Coaching program in which UCLA students serve as resilience coaches for their peers, providing an empathetic listening space and strategically partnering with students to enhance growth mindset and discover solutions for success. In addition, Nikita is a registered yoga and meditation instructor and life coach, facilitating healing spaces in various institutional and service-based settings to encourage self-care and empowerment of the whole-person and team. Nikita's style is warm, energetic, learner-focused, and professional. To learn more about Nikita and her work, visit: www.nikitagupta.com.

Testimonials

My leadership abilities have flourished under the training and execution of coaching....I now believe that consistency, passion, compassion, empathy, and an ability to support/inspire/believe/trust in those I serve are key components to a healthy coach/coachee relationship. The emphasis on self-care has also been an incredible transformation -- no one emphasizes self-care enough, but it is so crucial to our ability to thrive as students.

-- Student Coach, 2016

Mindfulness meditation & deep breathing techniques have allowed me to remain nonreactive during times of high stress & chaos. In the past, it has been a challenge for me to remain calm when approached with harsh words, criticisms, or controversial views. During this election season, I have had many difficult conversations in which people have revealed deeply rooted, long hidden prejudices. Before I really honed in on controlling my reactions through deep breathing and staying present, I would not have been able to hold my tongue and remain consciously detached from the conversation. Because of skills I have developed with GRIT, I instead responded to this challenge with an open mind, and an empathetic, respectful response.

--Student Coach, 2016

You have made such an impact on our program and on our mentors individually, I love how much they appreciate you. And thank you so much for the meditation tracks!!!! We are all excited to use them in our meditation practice. I'll be playing them at the beginning of our meetings also.

--Student Success Program Director, 2017

Nikita, hearing you speak was very empowering and inspiring as a woman of color because I felt like I saw myself in you and you strongly represent what I hope to be in the future through your practices and behaviors. Thank you!

-- Student Peer Mentor, 2017

It was amazing to have you on campus! I heard excellent feedback from our counselors. Thank you for the report. The report will provide us instrumental insight on how to move forward in our plans for future training. We will be definitely be in contact for more resilience coaching. Thank you again.

--Student Success Specialist for Foster Youth, Imperial Valley College, 2017

I cannot begin to tell you how much we enjoyed having you at Norco College yesterday. I had many faculty and administrators express how much they enjoyed your presentation and the presentation of your students. The discussion of GRIT fills an essential part of our Norco College Completion Initiative conversation. With your comprehensive presentation, we are able to move forward with more conversations about how we plan to help students succeed and persist.

Just today, the concept of GRIT came up again as we were sharing our plans for the future with our completion initiative. Without these essential conversations, we would not be able to help students reach their educational goals and support them along the way. Your presentation was timely and important.

Thank you again!

-- Faculty, Norco College, August 2016

Additional program success data available upon request!