

The logo for Inspiring Comfort is a dark gray square with the words "INSPIRING COMFORT" in white, uppercase, sans-serif font. "INSPIRING" is on the top line and "COMFORT" is on the bottom line, with a small trademark symbol (TM) to the right of "COMFORT".

INSPIRING COMFORT™

The Power of Care, Comfort & Connection for our Emotional Health

What can we do to help mend the hurting broken hearts of our world during this difficult time?

The science is clear. Dr. David DeSteno, professor of Psychology at Northeastern University and Inspiring Comfort's scientific advisor says this: *"When our bodies endure long term stress, the wiring to offset this stress is found in human relationships and connection. We need human connection to feel safe, to cope with stress and to manage fear."*

Hundreds of studies directly link our overall well-being with the amount of social support one has. So, what is hampering these connections and relationships when we all *do* care?

So often we just don't know what to say or do. It's awkward. And since every single one of us is struggling with something, we need the skills to comfort each other every day.

The word comfort is primarily used today as a noun, which is "cozy and pain free". Comfort as a verb is almost completely the opposite. It brings *strength* out of pain – resilience. The original definition of comfort is of Latin origin – COM means "together with" – FORT means "strength". Simply put, we are stronger when we face our challenges together.

This is especially important in organizations and schools where teams need to work together to tackle problems. Employees and students who feel unsupported, misunderstood and/or not seen in their struggles are more likely to perform below expectations, call in sick more often, and risk leaving the organization.

The mental health epidemic will not be solved by the HR department and mental health professionals alone. The world needs all of us to know how to comfort too.

YOUTH DEVELOPMENT - PROJECT COMFORT PROGRAM

Project Comfort is an 8-lesson character development program. Each lesson includes an accompanying application activity of creating and delivering a signature comfort plaque. The more time that is spent discussing and collaborating these lessons and applications, the more the skill will take root and be cultivated.

PROGRAM OUTLINE – 8 LESSONS:

- What is Comfort / Marble Jar
- Why Our Pets Model Comfort Best
- Awkward Zone / Barriers to Comfort
- Why We Comfort / The Circle of Comfort
- Feeling & Seeing Comfort
- Listening & Writing Comfort
- Changing our Perspective
- Mouths & Feet / Words & Actions
- Optional - Wrap Up / Certificate of Completion

APPLICATION WORKSHEETS – Used in Each Session

- Look / See / Remember
- Consider
- Create
- Give
- Reflect

LEARNING OBJECTIVES - At the conclusion of this program participants will:

- Articulate the statement of comfort and the human characteristics this skill carries with it.
- Recognize the characteristics of dogs as teachers and emotional responders to humans in need.
- Explain the Awkward Zone and the 3 ways in which we can respond when stuck in it.
- Recognize 20 barriers we experience to comforting others
- Identify the 5 steps to comfort, using the circle of comfort for support.
- Differentiate between the functions of the heart and the functions of the brain when caring for others.
- Identify the ways to recognize the signals of those in need of comfort
- Recognize the 10 pitfalls of comforting
- Identify all the verbal and non-verbal ways humans can use their bodies and their senses to initiate a comfort response.
- Upon Completion of the Project Comfort Program, each participant will receive a Certificate of Completion.
- Participant will have delivered one to one personalized comfort to either 3 or 8 people.
Learning to break through the awkward by doing. Engaging their empathic response.

PROGRAM CONSIDERATIONS

- Program Facilitation is done through Certified Project Comfort Facilitators (see Train the Trainer Costs).
- Materials will be delivered in bulk and the staff will determine how best to individually distribute the supplies to meet COVID protocols. IC staff will walk through this process during the training.
- Staff involvement may be needed in some cases to assist the students with plaque delivery
- It is important that the facilitators have big hearts and remain constant for each group going through this training. Over these sessions, they will become close with those in the program. There will be things learned in this group that may not be shared anywhere else in school. There could be situations that require follow up and care.

PROJECT COMFORT PROGRAM COSTS

SPECIFICS	COST	COST PER STUDENT
25 Students – 3 Lessons	\$350	\$14
50 Students – 3 Lessons	\$600	\$12
25 Students – 8 Lessons	\$550	\$22
50 Students – 8 Lessons	\$1100	\$22
Over 100 Students	Bulk Quote	Bulk Quote

Supplies included in program:

- All program materials for all 8 lessons including all worksheets delivered digitally
- Digital facilitator guide.
- Assorted Color Signature Comfort Plaques (1 plaque per student per lesson)
- Cello Gifting Bags with ribbons for tying
- Oil Based Paint pens in assorted tip sizes and colors
- Assorted Color Sharpie Pens
- Fine-Point Black Sharpie Pens
- Ultra-Fine Black Sharpie Pens
- Assorted bling with clear glue
- Pencils & Sharpener

PROJECT COMFORT FACILITATION TRAINING

This certification gives the ability to teach all of Project Comfort's 8 activity-based lessons. It's ideal for camps, after-school clubs, and schools that wish to offer Project Comfort in the classroom for grades 3-8.

Each Participant for Project Comfort Facilitation Training will receive:

1. Copy of *Paws to Comfort*
2. Personal Profile Assessment
 1. Online Training Materials for all Project Comfort Programming
 2. Combination of work at your own pace online training and virtual sessions and includes:
 - Assignments / Reading / Guided Questions / Quizzes
 - Program Facilitation Certificate
3. Training can be scheduled in one day or over 2 days.

TRAINING SCHEDULE: Note, participants who have gone through COT training can skip the work between Group Session 1 and Group Session 2

INSPIRING COMFORT CERTIFIED PROJECT COMFORT FACILITATORS

Date	Time	Session	Session Type / Topic	Session Goals	Length
		Pre-Work	Pre-Work	Initial evaluations and instructions	15 Minutes
	9:30 am	Group Session 1	Opening / Orientation Group Zoom Session	Welcome & LMS Overview	30 Minutes
		LMSPCF 1	Guided Questions		1 Hour
		LMSPCF 2	Knowledge Based Questions		30 Minutes
	11:00 am	Group Session 2	Project Comfort Overview		1 Hour
		LMSPCF 3	Facilitator Guide / Core Worksheet Reviews		15 Minutes
		LMSPCF 4	Lessons 1-4		1 Hour
		LMSPCF 5	Lessons 5-8		1 Hour
	3:00 pm	Group Session 3	Group Session	Review of Lessons & Program Plan	90 Minutes
					7 Hours

TRAINING COSTS: Includes training and all facilitation materials

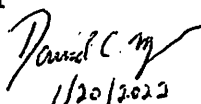
- 1 – 3 \$350 per person
- 4 + \$250 per person

ABOUT INSPIRING COMFORT

Inspiring Comfort LLC, a social good company which pioneered comfort as an evidence-based skill, was founded on the belief that today's increasingly isolated, socially disconnected, and hurting world demands that we do a better job of taking care of each other. The company has been awarded 3 research studies to further this critical human care skill.

APPROVED

Inspiring Comfort
Dave Marr
Date:


1/20/2022

Malverne UFSD Board President
Name:
Date: