



Resilience in Action: Lessons from Overcoming Obstacles and Supporting Positive Change

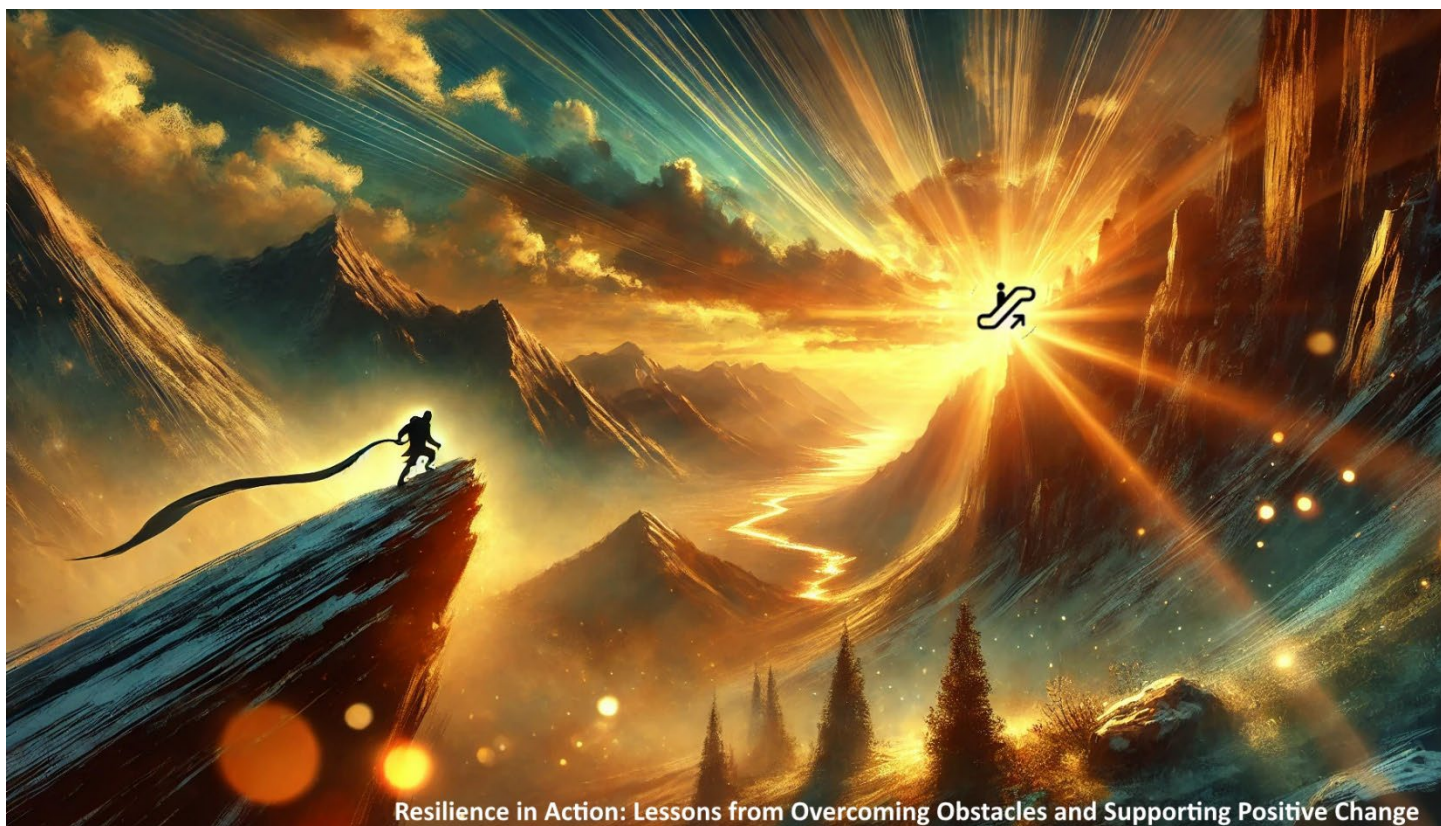
Ken from CPC and Brian from NJ Reentry Corporation may both work in New Jersey, but the lessons shared in this video resonate far beyond. Brian's incredible story of resilience—facing life-altering challenges and his passion for helping people reintegrate after incarceration—offers valuable insights for anyone striving to overcome obstacles in their own lives. His dedication to breaking the cycles of stigma and providing hope through empathy and nonjudgmental support will inspire you. This video offers powerful takeaways, not just for those familiar with re-entry issues, but for anyone ready to break through barriers, overcome obstacles, and embrace inspiration, resilience, and change.

As you watch this video, focus on two key areas:

1. Resilience and Progress – Notice the ways Brian's story demonstrates resilience and overcoming adversity. Consider how his determination to keep moving forward, despite significant challenges, can inspire your own journey.

2. Empathy for Reentry Challenges – Pay attention to the challenges Brian describes that people face when re-entering society after incarceration. Reflect on the importance of avoiding stigma and instead seeing the true potential in people, offering empathy without judgment.

VIDEO LINK (17 minutes) - <https://youtu.be/kQQW8VJ6w?si=QkD4EbMODAD7yOpi>





Group Discussion Questions

1. *Resilience and Personal Growth*: What lessons can you take from Brian's ability to move forward after his injury? How does his mindset of focusing on progress, despite obstacles, relate to challenges you've faced in your own life?
2. *Overcoming Obstacles*: Brian's story highlights how obstacles—whether physical, emotional, or circumstantial—don't have to stop progress. What's an obstacle you've faced that felt overwhelming? How did you (or how can you) work through it while staying focused on your goals?
3. *Support Systems*: Brian credits his family and other supports for helping him overcome challenges. How has your support system played a role in helping you move forward in difficult times? If you don't feel you have a strong support system, what steps could you take to build one?
4. *Perspective on Struggles*: Brian didn't let his struggles define him. How can we all learn to view setbacks and challenges as part of our journey, rather than as permanent roadblocks?
5. *Empathy and Potential*: What did Brian's story teach you about seeing the potential in others, no matter what challenges they face? How can we practice empathy and encourage positive change in others, whether or not they've been through similar life experiences?

Key Takeaways and Reflections

- Resilience is about staying focused on progress, even in the face of significant challenges. What one thing can you start doing today to strengthen your own resilience?
- Everyone faces unique challenges, but our approach to those challenges determines our path forward. How can you use what you've learned from Brian's story to try to shift your perspective on difficulties in your life?

Take-Home Reflection Questions

1. Reflect on a time in your life when you faced an obstacle that required resilience. What helped you overcome it, or how might Brian's approach inspire you to handle it differently in the future?
2. How can you use what you learned from Brian's story to support others in your life, whether they're facing big life transitions or everyday struggles?