RESILIENCE FUNDAMENTALS: COURSE OUTLINE

Why Resilience Fundamentals now?

We are living in an unprecedented time with millions of people infected with COVID19, 95% of them in cities. Worldwide, the economic and social impacts of the virus are devastating and will continue to unfold in the foreseeable future. Urban resilience is the practice of the moment. Applied urban resilience practice enables cities to respond and recover from COVID19 and simultaneously plan for future shocks and stresses that will inevitably arrive. In the context of COVID19, GRCN is creating a platform - Cities for a Resilient Recovery – which provides knowledge and tools for cities to utilise to achieve transformative resilience recovery.

Almost all the 100 member cities of the Global Resilient Cities Network are already thinking about the day after Covid-19 with 88% involved in response and recovery planning. To address emerging gaps, cities across the network have articulated demand for a platform for sharing ideas, support with diagnostic tools and methods, and access to international partners to provide technical support.

Global Resilient Cities Network has a proven training program which prepares Chief Resilience Officers and their Teams to develop and implement resilience strategies to keep their cities safe, healthy and thriving. The Resilient Melbourne Delivery Office – one of the first cities to deliver a metropolitan resilience strategy - developed a companion course for city officials, private sector, civil society and community leaders working together to implement resilience projects. To respond to the urgent need to embed resilience in recovery planning, GRCN and the City of Melbourne are offering Resilience Fundamentals to practitioners involved in cities’ recovery efforts from June 2020.

What will I learn from Resilience Fundamentals?

The Resilience Fundamentals Course will provide city officials and partners with a clear understanding of resilience context, definitions and theory. The course will introduce resilience frameworks and their application, to enable practitioners to embed resilience thinking into their work and achieve multiple resilience outcomes, and ‘do more with less.’ This course provides a foundation for the deployment of tools and offerings for cities moving into Covid-19 recovery as part of the Cities for a Resilient Recovery (C2R).

“I really enjoyed being able to test the practical application of the resilience framework. I’ve already used this to spark greater discussions back within the organisation.” Resilient Fundamentals participant

“I’ve come away with a significantly increased awareness of the factors that contribute to resilience, and with some really practical tools and methods to enable me to apply a ‘resilience lens’ to work I’m doing going forward.” Resilient Fundamentals participant
**Who Should Enrol in Resilience Fundamentals?**

Are you interested in making a difference to your city’s urban resilience? Our resilience training sessions are designed to equip you with the knowledge and resources for the global practice of urban resilience. We aim to build your capacity to be a resilience ambassador in your community or organisation; and to explore practical case studies and tools to help individuals, communities, businesses, institutions and systems work together to adapt, survive and thrive?

We provide an online interactive environment where participants can apply new thinking to projects you are currently working on and develop the skills to train others.

**What you will learn**

By participating, you will:

1. Develop an understanding of resilience frameworks and theory including:
   - Shocks and stresses
   - The Qualities of Resilience
   - The City Resilience Framework
2. Develop an understanding of current resilience practice on a global, national and local scale
3. Learn how to embed resilience thinking into your work and organisation for greater resilience outcomes
4. Learn the steps for developing your own resilience building approach

If this sounds like you, register your interest here for resilience fundamentals training
Resilience Fundamentals Course Outline: (estimated 20 hours, English)

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<th>Week</th>
<th>Topics</th>
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| Week 1 | **Introduction to Resilience** (2 x 2 hour)  
Introduction to the Global Resilient Cities Network  
Definitions and key urban resilience concepts  
- Shocks and stresses and their interconnection  
- City Resilience Framework  
- Seven qualities of resilience  
COVID-19 Communities of Practice – Give and Get = |
| Week 2 | **Resilience in Practice 1 – Framework and Diagnostics** (2 hours)  
Applying Resilience frameworks  
Resilience diagnostics at various scales |
| Week 3 | **Resilience in Practice 2 – Organisations** (2 hours)  
Influence mapping and successful collaboration  
Enablers for resilience building  
Developing a resilience approach for your organisation/community or city |
| Week 4 | **Resilience in Practice 3: Systems Thinking and Problem Definition** (2 hours)  
How to approach problems with a systems lens  
How to ask the right questions to frame issues/interdependencies of cities’ resilience profiles |
| Week 5 - 8 | **Applied topics of urban resilience:** (5 x 2 hours)  
- Resilient infrastructure  
- Resilient Communities (including residential developments)  
- Participatory approaches of democracy  
- Fostering inclusion and cohesion in your communities  
- Climate change |
| Week X | **Train the Trainer** - Enabling you to directly apply and share these practices to **build resilience** capacity among your staff and stakeholders. |
About your Trainers

**Maree Grenfell** is the Networks and Learning Manager at Resilient Melbourne Delivery Office. For the past five years Maree has been Melbourne’s Deputy Chief Resilience Officer for the Global Resilient Cities program, developing and now implementing Melbourne’s first resilience strategy. Her work focuses primarily on complex multi-stakeholder initiatives and pioneering projects to build capability and collaborative capacity at a community, city and national level. Maree has led the development and delivery of training for over 1400 practitioners across Metropolitan Melbourne, including over 300 Resilience Fundamentals alumni representing 60 diverse organisations and 20 metropolitan Melbourne councils.

**Sam Kernaghan** is the Knowledge and Impact lead at the Global Resilient Cities Network. Sam is passionate about building resilience for the most at-risk cities and communities across the Asia Pacific. Since 2006, Sam has worked with over 50 cities to build resilience to climate change, urbanization and natural hazard events, from recovery in post-tsunami Sri Lanka and post-Katrina New York, to holistic urban resilience strategies in Australia, New Zealand, and Indonesia. Sam has experience developing and delivering the tools, methods and training to build practitioner capacity across themes including resilience theory, project design and implementation; mainstreaming resilience in policy and planning, and monitoring and evaluating resilience.