



interfaith network at virginia tech



Imagine a campus where students experience genuine connection, where isolation, debilitating stress, and suicides were essentially eliminated. Imagine a campus where people were not just heard but fully understood. We want this ToBe... Virginia Tech!

ToBe... Listening at Virginia Tech

For Faculty, Staff and Student Leaders...

Learn how to help students and co-workers solve their own problems, gain resiliency skills, and help to create a climate of emotional flourishing on campus.

- Listening with Warmth Empathy & Respect
- Confronting without defensiveness
- Resiliency to cope more effectively

Origins of ToBe... Workshops

The original material was developed over the last 30 years by Equipping Ministries International, Dr. Gary Sweeten, Anne Clippard, and Executive Director David Ping - authors of "Listening for Heaven's Sake"

The science behind the system is Rational Emotive Behavior Therapy with an acknowledgment of Trauma Informed Care.

For Students...

Learn how to handle the stress, anxiety and depression that comes from being away from home and in a challenging academic setting.

Learn how to deal more effectively with roommates, professors and family members.

Learn how to truly enjoy learning about people who are very different from you.

Not Counseling Training

The ToBe... Tools are not counseling tools and are not a substitute for professional counseling, but rather they are a way to create a more connected, caring community at Virginia Tech.

Follow us at www.tobelisting.org,
<https://www.facebook.com/ToBe.at.VT/>,
<http://www.vtinterfaithnetwork.org/>

Testimonials

We are always using the tools with students. Regularly people come in the office and say, "I got to 'wonder' with someone last night."

~ Jeanette Staats, NLCF Staff

"As a Galipatia mentor, it is great to know that if one of my mentees came to me with a serious issue, I wouldn't be caught off guard. Best of all, the skills I've learned have helped me to have a much deeper understanding of my friends and family."

~Jordan Thomas, VT ME '21

"These tools have been so practical: we plan to roll them out to our whole community."

~Chris Hitzelberger,
Director Newman Community

The ToBe... Initiative is designed to help Faculty, Staff, Student Leaders and Students create a more emotionally healthy environment at Virginia Tech. The initiative includes three (3) workshops designed specifically for the University setting to build:

Empathy and Respect,

Healthy Confrontation, and

Productive Thought Patterns



In a society so driven by quick bites of social media and surface level conversations, we're struggling with the ability to just truly listen to each other. This leads to disconnection, isolation, and anxiety.

By focusing on Listening with Warmth, Empathy, and Respect, you won't just hear what people are saying, you will be part of a culture that engages with each other and encourages real connection and support.

3 Hour workshop

Conflict is an ever-present problem in the world. If we don't know how to handle it, we can become so afraid that we disconnect and isolate ourselves. But conflict handled well can lead to closer friendships, better understanding, and growth as an individual and a community.

This workshop will show you how to speak quickly, honestly, and kindly in tough situations in a way that does not create defensiveness.

2 Hour workshop

Negative thought patterns about our self or others can cause stress and anxiety to worsen. Freedom from insecurity and isolation can sound daunting, but it doesn't have to be.

This workshop will give you simple tools to notice negative trends in the way you or others think and how to change an old unhealthy belief into renewed healthy one that will allow you and others to flourish.

3 hour workshop

Ultimate Tool - Heart Chart

At the end of the program, you will be certified to walk beside someone as they explore what beliefs are causing their unhealthy feelings and behavior and keeping them from flourishing.

Heart Chart

Explore	1 Activator	4 Beliefs	2 C-Emotions	3 Doing
	Trigger Event	What you believe?	What did you feel ?	What did you do?
Renew	5 Activator ✓	9 Belief ✓	6 C-E Goals	7 D-Goals
	Video view	1. Objective Truth? 2. Feeling goals? 3. Action goals?	What do I want to feel if something like this happens again?	How do I want to act / react if something like this happens again?
	8 Zone? Core Belief?	4. Relationships?		
	10. New belief			