



Lorca Smetana is a resilience theory innovator, feeding resilience and communication within companies, universities, agencies and communities — helping people design for and restore energy, innovation and compassion.

Her work includes resilience mapping, stress abatement, compassion building, leadership strengthening, connection growth and vision expansion. An inspirational speaker and award-winning educator, she now teaches resilience and leadership through the Human Leadership Development Fellows Program at Montana State University.

In 1986 Lorca was one of the survivors of the school tragedy on Mt. Hood, a mountaineering accident that took the lives of nine students and teachers. She has been teaching and learning for over thirty years about risk, personal sustainability, resilience and joy, a path she chronicled for the first time last year in the TEDx Talk [Hunger for Joy](#). She is an advocate and mentor for community survivors of school and wilderness-related trauma.

Her professional background combines work in the fields of resilience consulting and coaching, leadership vibrancy, international programs, outdoor and university education, somatic awareness, and self-compassion. For the past ten years she has trained students, teachers, spiritual leaders, emergency response teams, administrators, military veterans and environmental professionals to create resilient lives, and worked with organizations as they develop strategies and structures that support their people in building long-lasting teams that respect and understand each other.

Her Resilience Tarn Training program is unique and accessible, allowing people to understand themselves and each other in a new way and craft freshly resilient lives.

Restoring Resilience Training Options

The Resilience Tarn Training takes you beyond stress-reduction techniques and grit -- illuminating and bringing health to the whole organism rather than merely mitigating symptoms. Grounded in systems thinking, ecological connection and somatic awareness, it is an accessible and practical model for daily and ongoing use. Using a mental model formed from a vibrant mountain lake, it allows you to illuminate both evident and less clear arenas of robustness and fragility. Together with clear explanations of neurological underpinnings and age-old teachings of compassion, it brings students to an understanding of themselves as environments — where you are thriving, where you are compromised, and where you are being drained within and from without.

Half-Day Resilience Tarn Training

This 4-hour training delivers the Resilience Tarn Training, redefining how we own and expand strength and resilience, and allowing those whose lives are grounded in service to see where to maintain the inner health that makes that sustained giving possible.

Training Skills & Outcomes:

1. Evaluate at any moment your current true level of burnout risk — personal and professional.
2. Survey both evident and sometimes-hidden arenas of fragility so that the true difficulties can be addressed first and powerfully to restore resilience.

Full-Day Resilience Tarn Training

The full-day training allows for the Tarn Resilience mapping to be deepened and supplemented with a curated selection of support teachings and hands-on tools to address ongoing stress injury and train community members in personal resistance to anxiety, apathy and isolation. These can include how to:

- make difficult decisions and hold difficult conversations
- use a whole body Yes
- deliberately practice self-compassion
- make unarguable statements
- survey for your own blind spots
- engage deep rest and deep play

Training Skills & Outcomes:

1. Evaluate your current true level of burnout risk — personal and professional.
2. Survey both evident and sometimes-hidden arenas of fragility so that the true difficulties can be addressed first and powerfully to restore resilience.
3. Engage in life through an expanded and mobile understanding of arenas of internal robustness and external support.
4. Connect in relationships with clarity, boundaries, trust, and strength.

The Resilience Tarn Training is consistent with and beautifully complements:

- Mental health first aid training
- Somatic therapies
- Contemplative practices
- Permaculture systems
- Conscious leadership training

Restore resilience.
Reach Lorca at:

lorca@lorcasmctana.com
www.lorcasmctana.com
406-581-1522

