



SOARING Into Positive Wellbeing Initiative Workshop Series to Bolster Resilience, Agency, and Strengths Amongst Thousands of Israelis

Since October 7, our worldview, our lives, and our sense of security has been shattered and we continue to experience an alarming rate of global antisemitism. Our Israeli collaboration partners want us to accelerate the launch of the workshop series as soon as possible as employees and citizens are facing unbearable anxiety, fear, and stress. In the next few weeks we are launching an essential and comprehensive SOARING Into Positive Wellbeing program to Israelis in crisis who are in need of healing interventions. We need your financial support today.

Since November, the Soaringwords team and I have created an empirically-based program to support thousands of Israelis to help them experience posttraumatic growth. The SOARING Into Positive Wellbeing workshop series is a powerful initiative based on scientific exercises that will activate resilience, agency, hope, and wellbeing for people whose lives have been shattered. During my recent trip to Israel, I secured collaborations with several leading Israeli organizations including Hadassah Medical Center; ADI Negev-Nahalat Eran, the largest rehabilitation hospital in the South of Israel; Laniado Hospital in Netanya; and Get Help Israel, a network of 450 therapists serving tens of thousands of clients including lone soldiers in the IDF. We are in conversations with several other leading Israeli organizations. I have included links for actual workshop videos in Hebrew and English on the second page of this letter.

Soaringwords' mission is to inspire individuals and healthcare professionals to take active roles in self-healing to experience greater physical, emotional, and mental wellbeing. The [Soaringwords'](#) SOARING Into Positive Wellbeing workshop series is designed to augment and build upon initial trauma first-aid response programs and social service support. Specifically, this powerful, turn-key program will activate posttraumatic growth and wellbeing for employees, patients, and families of patients in hospitals, rehabilitation, and trauma centers where staff are overwhelmed.

This is not Soaringwords' first foray to support Israel. Shortly after the first Intifada, we launched SoaringBridges to Israel—an initiative that supported 11,000 children in several Israeli hospitals including Shaare Zedek and Hadassah. Since 2000, Soaringwords' interventions have been shared with more than 500,000 individuals in communities experiencing health inequity, serious illness, or mental health challenges. We are proud to have partnered with 196 hospitals around the world and health and human service agencies throughout North America. In 2019, Soaringwords was hired by the NJ Department of Homeland Security and Terrorism in the aftermath of an antisemitic hate crime shooting. Soaringwords led workshops for employees at the Jersey City Department of Health and Human Services, and faith-based leaders to prevent tensions from escalating. We also led workshops for thousands of school children who witnessed the violence. In 2020, Soaringwords created and led all of the workshops for the launch of the World Economic Forum's Healthy Cities and Communities initiative with the Jersey City Department of Health & Human Services. Additionally, Soaringwords has led numerous Caring For The Caregiver workshops and programs to support families facing a



loved one's acute or long-term medical crisis, as well as leading numerous end-of-life and bereavement groups for families.

The SOARING Into Positive Wellbeing Initiative: A Proven Solution to Support Israelis Now

Soaringwords recognizes that posttraumatic growth is a gradual process based on a confluence of physical, emotional, and mental factors that enable individuals to experience greater well-being, even in the midst of turmoil, loss, trauma, and despair. The SOARING Into Positive Wellbeing Initiative is a seven-module, turn-key, virtual pre-recorded program that mitigates the symptoms of Post Traumatic Stress Disorder through proven interventions in order to amplify resilience, agency, and strengths. The workshops are delivered in-person or online with professional staff to lead in-person therapeutic discussions around the immersive workbook prompts.

These workshops are available in Hebrew and in English, customized for Anglo-Israelis. The Hebrew version of the workshop series is hosted by my colleague Dr. Pninit Russo-Netzer, a leader in the field of Positive Psychology. Dr. Russo-Netzer is head of the Compass Institute for the Study and Application of Meaning in Life; and the founder and head of the Academic Training Program for Logotherapy (meaning-oriented psychotherapy) at Tel-Aviv University. Here is a link to [her professional biography](#). [Click here](#) to preview the SOARING Into Resilience video in Hebrew. I am the host of the English version workshop series, designed specially for Anglo-Israelis. This project leverages my experience as Soaringwords' CEO & Founder and bringing expertise as the President of the International Positive Psychology Association's (IPPA) Positive Health & Wellbeing Division, and a graduate of the Master of Applied Positive Psychology program at The University of Pennsylvania under the direction of Dr. Martin Seligman, the founder of the field of Positive Psychology. Here is a link to [my professional biography](#). [Click here](#) to preview the SOARING Into Strengths video in English.

Each workshop session is 60 to 90 minutes. Participants watch 30 minutes of video content interspersed with 30 minutes of professionally-facilitated discussion based on companion interactive Appreciative Inquiry workbook prompts. This approach amplifies participants' positive life experiences as an effective tool to help them build resilience, hope, and self-efficacy by sharing about times in their lives where they already used these skills to persevere. At the end of each workshop, participants create a pay-it-forward expressive arts/writing project as a peak emotional experience, synthesizing what they learned. These projects are then donated to pediatric patients in Israeli hospitals or wounded soldiers throughout Israel.

Shifts in participant well-being as a result of engaging in each workshop in the series are measured through pre- and post-workshop surveys based on the [SOARING Into Positive Wellbeing Model](#). The results are aggregated to measure meaningful shifts in wellbeing. Qualitative and quantitative data are shared in an Executive Summary with collaboration partners. Successful Soaringwords initiatives have been presented at 18 international scientific conferences.

The SOARING Into Positive Wellbeing workshops impact the entire constellation of care. Your financial support will provide Israelis with relevant tools that decrease anxiety, depression, and stress



while giving them a sense of agency and hopefulness, and the opportunity to connect with others, resulting in an immediate and positive impact on their overall well-being. When Israeli healthcare professionals at hospitals, rehabilitation, and trauma centers are given the opportunity to connect with co-workers through the workshops, they will feel less isolated and more engaged, mitigating fatigue while strengthening their sense of belonging. While we cannot erase the trauma and devastation that has shattered the lives of millions of Israelis, together with your support, we can be the catalyst to help them begin to experience posttraumatic growth.

Next Steps

The Soaringwords team is ready to launch the workshop series with leading Israeli communal organizations. Kindly reach out to us so we

Our team is eager to inspire Israelis to go from strength to strength as they experience greater resilience, agency, belonging, and hope by learning how to incorporate the latest Positive Psychology discoveries and insights to enhance their physical, emotional, and mental wellbeing

Am Yisrael Chai.

I'm sending you strength and love,

A handwritten signature in cursive script that reads "Lisa".

Lisa Honig Buksbaum, CEO & Founder, Soaringwords

P.S. Here are recent results from Soaringwords empirical based initiatives in North America during 2021-2022:

- Enhancing Resilience: 91.7% of participants reported a decrease in worry
- Amplifying Agency: 87.5% of participants reported an increase in pride
- Bolstering Self-Regulation: 100% of participants report decreased anger; 87.5% increase in joy; 75% increase in gratitude; 50% decrease in sadness