

Road to Resilience Programme

Embrace resilience training at the whole-school level to bring an increased sense of wellbeing to students, staff and parents.

This whole-school programme of wellbeing workshops focuses on improving resilience and wellbeing for all people involved in a student's educational journey. The road to resilience programme contains specific wellbeing workshops aimed at students, parents and teachers.

Each session is connected to the overall themes of protecting mental wellbeing, incorporating growth mindset mentalities, and ensuring that students are equipped with tools to cope with the pressures of education and wider life.



Programme overview

This is a two-day support programme that focuses on the theme of resilience and consists of three workshops:

- Student workshop – on resilience, wellbeing and growth
- Parent twilight session on resilience
- Teacher and support staff inset day – on resilience and mental health awareness



Aims of the programme

- To help build resilient students, parents and teachers and equip them with the tools to protect themselves against stress and support their own wellbeing
- To deliver a holistic, whole-school programme that develops positive wellbeing and resilience and incorporates all stakeholders involved in a student's journey
- To give practical ways for students to achieve a good work/life balance and cope in times of pressure or stress, such as in the lead up to exams

"Our staff felt that the inset day was informative and expertly delivered. One staff member said that it was the best CPD they have had in 25 years of teaching. In terms of the parental twilight session, parents reported that it was very helpful and gave them strategies to support their children with their Level 3 studies. The student sessions helped us to embed our ethos of developing a growth mindset and resilience. The sessions also taught specific skills that will help them to cope throughout their time at college. But these students now have these skills for life. Our presenter was so enthusiastic, and this was infectious. She was fantastic with staff, students and parents, and we would recommend this session unreservedly to others." Headteacher

Book your workshop

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Programme Content

During this programme, students, parents and teachers will:

- Learn how to challenge habitual thought patterns
- Understand the difference between fixed and growth mindsets
- Learn how the brain works and discover the power of positivity
- Be introduced to the psychological process of mindfulness
- Develop soft skills, including character building, raising self-esteem, confidence and motivation
- Develop positive emotional and mental wellbeing practices



Benefits

We believe in providing sustained interventions for schools. Involving parents and teachers in student-focused interventions ensures that learners feel supported and confident about trying out their new skills. Parents and teachers will be upskilled with a range of tools to develop their own resilience and mental wellbeing as well as some inspirational techniques to support learners.

This holistic support package involves parents and teachers, to provide students with reinforcement as they develop their emotional, academic and social intelligence and resilience.



Practicalities

In total, the Road to Resilience Programme is a two-day intervention.

We are Positively You

We are one of the UK's leading providers of educational workshops. For over 20 years, we've delivered transformative student workshops, inspiring teacher development sessions and supportive resources for parents.