

# Resilience

## Resilience + Determination = Growth

Learning to navigate life is a bit like learning to be a circus performer. We need to juggle and balance many demands, choose the path to walk, let go and trust that others will be there to catch us, clown around a little, and feel the thrills of this exciting adventure.

Even very young children can face considerable challenges and feel the weight of responsibility. Our resilience workshop takes an honest appraisal of the demands placed on children today – both inside and out of school. We show pupils unique and fun ways to find balance, look after themselves, become resilient and take control of their future.

With resilience and determination, children can grow into the adults they want to be and achieve their goals in life.

**This workshop can also be delivered in Welsh.**



## Aims of the workshop

- To show students how to achieve a healthy mix of fun, work and relaxation
- To encourage students to develop a growth mindset
- To build long-lasting resilience



## Benefits

Throughout this resilience workshop, students will learn to look deep inside themselves and start to question their thoughts. By looking at their internal language and switching negative “I can’t do that” to positive “I can’t do that yet” thoughts, students start to develop a growth mindset fixed on their desired outcomes.

By the end of the workshop, students will be able to identify weak or difficult areas in their lives and find ways to make positive, confidence-building changes.

With this deep dive into wellbeing, students start to develop a holistic approach to minimising stress and find that important fun-work-relaxation balance.

*“The course was brilliant, and the pupils took a lot from the day.”*

Head Teacher

## Book your workshop

**01983 294737**

[positivelyyou.org.uk](https://positivelyyou.org.uk)

[info@positivelyyou.org.uk](mailto:info@positivelyyou.org.uk)



## Workshop overview

We tackle the tricky topic of stress head-on in this resilience workshop with sensitive, age-appropriate discussion. We know that stress is becoming a growing problem for children living in a fast-moving world, as they tackle high expectations from school and home and increased scrutiny of their progress.

This workshop is designed to help children frame these pressures differently, become more resilient to outside noise, understand their areas of difficulty, and look forward in a positive and inspired way.



## Workshop Content

Our resilience workshop is split into three main sections:

- Resilience
- Wellbeing
- Growth

Each subject area is explored through fun exercises and engaging information, all delivered in a way to encourage self-awareness and development.

To be effective learners, our body and our mind must be fit and healthy. So this workshop takes a holistic approach, embracing body, mind and spirit.



## Results

Students learn to:

- Challenge habitual thought patterns, replacing stress-inducing chatter with resilient language
- Identify weak or difficult areas in their life and make positive plans to change them
- Take a holistic approach to their wellbeing to combat stress illnesses
- Develop a growth mindset.
- Reduce stress levels and increase resilience



## Practicalities

Your Positively You event can be broken down as follows, depending on your timetable:

- 4 x 1-hour workshops
- 3 x 80-minute workshops
- 2 x 2-hour workshops

Each workshop can accommodate no more than 100 different students and can be delivered face-to-face or online.

## 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.