

Resilience workshop

Determination + Growth = Resilience

Setbacks, failures and mistakes are all part of life and important junctures in the journey as we strive towards our ambitions. But for many young people, these bumps in the road can cause their journey to falter.

This interactive and reflective personal development workshop focuses on upskilling students so they can become more resilient to setbacks. Students grow in confidence and motivation as they understand how to reframe their experiences and use them for growth.

This resilience workshop can also be delivered through the Welsh medium.



Aims of the workshop

The workshop has three main aims:

- To build resilient students
- To encourage students to develop a growth mindset
- To provide techniques to reduce anxiety and stress



Benefits

Through this resilience workshop, students understand:

- What it means to be resilient
- How to stay in control of their emotions
- How to overcome stress
- How to decrease their 'emotional backpack'
- How to challenge negative, habitual thought patterns

"I just wanted to say how brilliant your Resilience workshop was. It was very educational, and I know a lot of people took away some good advice, including myself, who is struggling with depression. I just wanted to say a massive thank you on behalf of myself and the other students."

Student

Book your workshop

01983 294737

positivelyyou.org.uk

info@positivelyyou.org.uk



V2.2 03/2022



Workshop overview

This workshop is focused on helping students to become more resilient. Students will leave with an increased understanding of how to adapt to adversity and how to develop grit and determination.



Workshop content

To retrain our brains and fully understand how resilient we are, we need to increase confidence and self-belief and reduce anxiety and stress. This workshop takes all these elements and combines them in a fully holistic experience, focusing on three main areas:

- Personal
- Academic
- Social

The sessions will cover each area in detail and provide strategies and techniques that will enable learners to reflect on their mindset and beliefs.



Results

Students will leave this resilience workshop with:

- An understanding of the importance of resilient language
- Ideas about how to increase their confidence
- Techniques to overcome anxiety and manage stress
- A positive outlook on using failure as a stepping stone to success



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.

Resilience is able to be delivered in Welsh.

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.