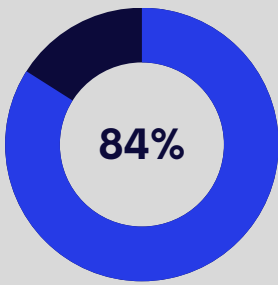
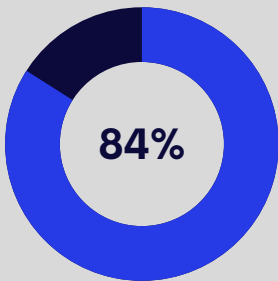


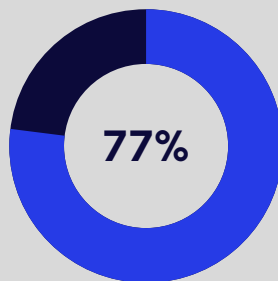
Impact Report for Maiden Erlegh School
Resilience – 20th May 2025



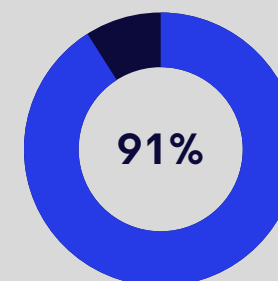
84% of students feel able to cope better in stressful situations



84% of students feel better equipped to overcome challenges they may face



77% of students now know how to change habitual thought patterns



91% of students feel the workshop has helped them become a more resilient learner

Favourite techniques

Happy Chemicals 16%

Circle of Control 16%

Emotional Backpack 34%

Daily Gratitude 34%

Student feedback

- "It was a really nice experience, thanks for the session so much!"
- "It was great Kim was super sweet very thankful I got to do this workshop"
- "It was very fun and engaging. I hope to do this again"
- "It is a great learning opportunity for to be educated on the idea of resilience"
- "The workshop used useful, real-life examples which made the experience more interactive and memorable. I found the workshop insightful, and will definitely be using the techniques taught when faced with stressful situations. The lady (Kim) delivering the workshop made the experience fun, and amazed me with the way she performed the workshop. Overall, I was very impressed!"
- "It was entertaining and fun with lots of good information "