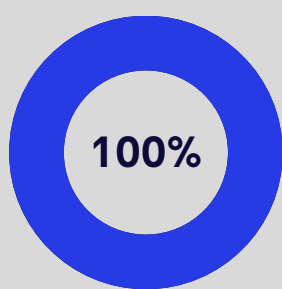


Impact Report for Blackpool and the Fylde College Resilience inset day - 05/01/2026

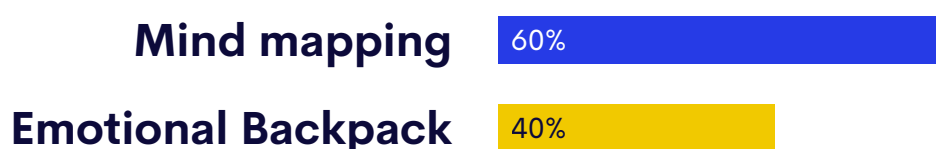


100% of teachers now feel they have additional strategies to use in their teaching

How would you rate your inset day?



What techniques did you enjoy?



- *"Learning about the emotional backpack. Particular reference to what is within my control and what is outside of my control. "*
- *"Thank you for introducing the mind map, although this method at first glans looks basic and child like, It was the first time lv seen it being used and explained, You where able to show the technique of splitting a topic into key sections of importance. The result of the way you explained, has given me inspiration to adapt the mind map in my delivery to young apprentices who struggle to grasp skills. " excellent ""*
- *"Thinking about my emotional backpack and things I can control"*

How will the teachers use the techniques they learnt:

- *"I liked the mind map part of the session and believe this could have a real impact in my pedagogy"*
- *"If I can change my daily stress and emotional issues I can think about helping and supporting students with their attitude"*
- *"On being introduced to the mind map, has bridged a learning barrier that I have experienced with my apprentices. Also because the demonstration was so professional, it felt like I was being given the permission to use the method. "excellent ""*
- *"In engineering enviroment, these is useful and widely used. We call it dual coding"*