

Resilience at Christmas Course

Aims of the course

The overall aim of the course is to:

- Understand what resilience is
- Determine if resilience is important
- Learn how to gain or improve resilience

Aims of session one:

- What is resilience?
- Who has it?
- Determine if resilience is important
- Learn how to gain or improve resilience

Aims of session two:

- Share a definition of resilience
- Case studies – resilience in action
 - Scenarios or video clips will be used to encourage discussion
 - What's going on here?
 - Can we see or not see resilience in action?

Aims of session three:

- Where do you go to for support when you don't feel resilient?
- What tools do you use to support your resilience?
- Becoming aware of when resilience is needed
- Resilience Health check
 - What's different for you now?
 - What further support do you need?
- Moving forward
 - What is next for you?
 - How can you continue to build resilience?