



How to Develop Resilient Adults and Children

A Blended Learning Approach
Half day 8th April 2020
Full day 9th April 2020
Manchester

Embrace



Building Personal Resilience

This workshop provides a useful toolkit to improve the confidence and skills necessary to promote resilience. It is designed to support any individual, team or organisation looking to improve their capacity to respond to adversity. It will improve personal development and achievement at work, as well as having an impact on the family and wider community.

A package of e-learning modules comes with the course and is particularly useful if you want to become a Mental Health First Aider or Wellbeing Champion.

We aim to make resilience and personal development training as widespread and accessible as mandatory training such as Health and Safety. The e-learning part is particularly useful for those organisations unable to release staff for extended periods of time.

Who should do the workshop?

Anyone interested in their personal development and growth. Anyone interested in how to promote resilience in children and young people. You will learn key principles of resilience and discover new ways of thinking and behaving that make you better, stronger and healthier. You will be better able to deal with adversity and to help others to do the same.

Workshop

Half-day or one-day workshops delivers core learning objectives and training needs identified by pre-workshop survey.

Assessment

Online assessment.
CPD Certificates issued.

Survey

Wellbeing and training needs survey completed by delegates. Ensures training is tailored to audience needs.

E-Learning

All delegates have ongoing access to interactive online learning suite.

To find out more about Embrace Resilience training and consultancy:

Contact: [0161 928 9987](tel:01619289987) | info@embraceresilience.com | www.embraceresilience.com

Pre-attendance survey ensures each workshop is relevant to the needs of the audience. Workshops are engaging, meaningful and provide practical information, advice and guidance.



Workshop

At the end of this workshop learners will be able to:

- ❖ Explain how the terms 'Mental Health' and 'Resilience' are used and misused
- ❖ Apply evidence-based principles of positive psychology to become healthier, stronger and more resilient
- ❖ Provide children and young people with helpful guidance to become more resilient

E-learning Package

All delegates will be provided with ongoing access to an e-learning package of interactive CPD verified courses on:

- ❖ Change and Resilience
- ❖ Developing Mental Strength
- ❖ Managing Stress and Anxiety
- ❖ Mental Health: Body and Mind
- ❖ Resilience and Me for Children
- ❖ Resilient Families
- ❖ Work-life Balance

Plus 50 other titles including:

- ❖ Becoming a Wellbeing Champion
- ❖ Mental Health First Response
- ❖ Improving Emotional Resilience for Young People

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