

## Becoming more resilient

### *One hour CPD session for educators*

Resilience is the capacity to cope with and recover from stress, adversity and setbacks. It develops through a combination of personal traits and external factors.

Identifying resilience factors helps nurture resilience in ourselves and in students.

The purpose of this CPD presentation is to equip educators with practical strategies and tools to foster resilience in themselves and to cascade down to their students, creating a positive and supportive learning environment.

With a variety of activities and easy-to-use tools, the session is designed to be engaging, interactive and fun, with a serious purpose.

This presentation is ideal for anyone involved with students, be they teachers/lecturers, mentors, pastoral/support staff.

#### **Contents:**

- What is resilience?
- The importance of resilience in education
- Addressing a challenge
- Types of resilience
- The Resilience Wheel
- Seven Cs Model of Resilience
- Quick Resilience tips

**To book, or for more information, please contact:**

**Janet Baker**

Inspire Training Midlands

Tel: 07944225290

Email: [janet@inspiretrainingmidlands.co.uk](mailto:janet@inspiretrainingmidlands.co.uk)