

Overview

Growing Resilience is a self-awareness course that considers encountering conflict and stress in everyday life, as a certain inevitability.

The programme shows the participants how to grow a mental health toolkit to become more resilient and be better able to cope with times of chaos and deal with conflict pro-actively, focussing on a positive future situation.

The programme can be delivered as a one day course or delivered as shorter hour long sessions over six weeks

The main components of the programme are:

- Self-awareness, conflict, consequential thinking & self-direction
- Restorative practice to deal with conflict - learning about restorative meetings and peer mediation training (2 sessions)
- Five ways to wellbeing
- Healthy body, healthy mind
- Chaos: Coping with a bad day - making every day good

Who is for?

Trainees, employees, line managers, HR team members

What does it involve?

Workplace training programme to reduce difficult personal situations that are likely to affect performance at work and impact on other colleagues. The training will include conflict resolution and peer mediation, personal strategies for a healthy work-life balance, mindfulness and meditation techniques and dealing with chaos.



Glen and Richard in the polytunnel in the garden of the Eagle & Child, as part of our Healthy Communities project.



Chatting over a coffee about plans for the following week of our regular Friday project, Men's Shed – in conjunction with RammyMen.



Peer mediation role play as part of a Growing Resilience session we delivered to a group of young people.



