



Supporting Resilience in Practitioners (Windsor and Maidenhead)

Introduction

When referring to resilience we often consider the definition to mean an individual's ability to recover quickly from setbacks. We make reference to how they can cope with high pressure demands and how they adapt to stress and adversity.

This training day is intended to help practitioners to develop and sustain their own resilience. The day will include a mixture of presentations of theory and concepts, and self-reflective exercises in small groups.

Change Point will lead this day; they have a wealth of experience in the field and work closely with a number of our established trainers such as Richard Swann. We guarantee that this day will be excellent value, colleagues will leave enthused and prepared for future challenges.

Learning Outcomes

By the end of the session delegates will be able to:

- Describe the meaning of the concept of resilience
- Outline the main points of the Model of Dynamic Adaptation (Clarke)
- Describe their self-protective coping strategies under stress, their strengths, and times when they may be more vulnerable to negative impact
- Describe practical tips for things that individuals, their managers, and the organisation can do to enhance practitioners' capacity for resilience
- Refer to a personal action plan for building and maintaining resilience

Audience	Youth, Sports and Culture, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education, Early Years and Childcare, Business Support
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs / 19 yrs
Trainer	Lydia Guthrie

Start Date	Venue	Times	Event Code
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