

Building Your Resilience

3 HOUR WORKSHOP



Guided reflection and action steps





Building Your Resilience

A starting point to cope with the stresses and challenges we've living through is to taking time out to build our own resilience plan. This interactive workshop offers facilitator and peer support to strengthen personal resilience attitudes, behaviours and actions for taking control and reaching out to others.

- Supportive peer conversations
- Learning and working with live issues using the Taylor Clarke 'Building Your Resilience' toolkit



Reflection on current live issues to build skills for resilience

Resilience Model

ME: Self assessment

Identify resilience strengths & where to focus

Toolkit for handing stressors Support networks

IT: Stressors & their impact

Changing mindsets

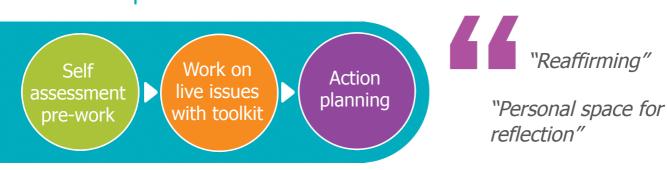
Taking control & action

OTHERS: who can

help?

Reaching out

Workshop Format



For further details please contact: anne@taylorclarke.co.uk Or visit our website www.taylorclarke.co.uk