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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	Toolkit for handling stressors	Support networks
ME: Self assessment Identify resilience strengths & where to focus	IT: Stressors & their impact Changing mindsets Taking control & action	OTHERS: who can help? Reaching out

Workshop Format



“Reaffirming”
 “Personal space for reflection”

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

