

STUDENT RESILIENCE TRAINING

PRACTICAL RESILIENCE

For Health, Happiness & Success

Evidence-based training to build personal resilience and acquire practical skills to:

1. Bounce back from adversity
2. Thrive on challenge
3. Reach their true potential, and
4. Have a positive impact on others

We all have a responsibility to help young people understand and master physical health, emotional intelligence and thinking skills. In other words, to become competent with the full resources of body, heart and mind.

THE CASE FOR RESILIENCE

Our Resilience Training programmes have touched the lives of thousands of participants in the workplace. Resilience and its components have demonstrated their value in schools and include:

1. Improved physical wellbeing
2. Enhanced ability to manage stress and conflict
3. Better social and teaming skills
4. Reduced depression and impulsivity
5. Greater happiness and satisfaction
6. Improved academic achievement (up to 18%)

Resilience has strong evidence and early initiatives have proven very effective and enduring in younger audiences. We would like to work with you to help your students and your school to enjoy the benefits.

COURSE OBJECTIVES

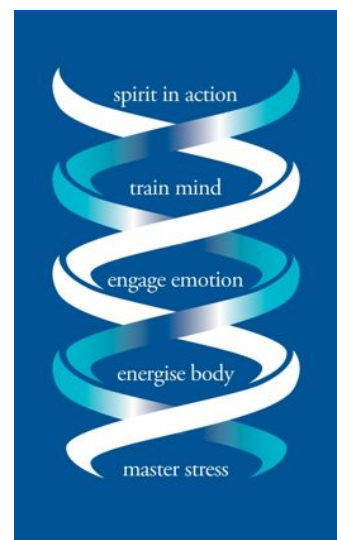
- Understand the foundations of health
- Improve sleep, exercise and nutrition
- Understand stress and bounce-back
- Learn how to calm and focus oneself
- Learn how to match challenge to skill
- Recognise emotions and control impulsivity
- Understand how to reframe thinking
- Work skilfully with body, heart and mind
- Build empathy and positive emotion

STAFF OPTIONS

Teachers, managers and staff in the school system face a range of challenges that may compromise wellbeing, education and school performance.

We run our Practical Resilience and Resilient Leadership programmes for teachers.

Health and wellbeing
Stress Mastery
Performance mindset
Social Intelligence
Leadership & Influence



ACCREDITATION

Schools may like to consider an accreditation process for teachers and key student leaders to build an ongoing culture and structure for the cultivation of resilience and the ongoing development of the critical personal and interpersonal skills.

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PRACTICAL RESILIENCE COURSE STRUCTURE & OUTCOMES

Topic	Approach/Content	Outcomes	Students will learn to.....
Pre-work	Complete HealthCheck survey	Identify critical health risk	
Physical Vitality To build energy, strength and endurance	Health Risk Management Vitality and longevity Personal fitness practice Sleep and fatigue Nutritional practices Integral daily practice	Manage health risk – medical and self management Assess and build the critical drivers of wellbeing Build fitness – aerobic, strength, flexibility & posture Secure a good night’s sleep; dealing with fatigue and insomnia Develop a sound and sustainable nutritional practice Fit a self-care programme into their day and life	
Self Mastery Calm, alert and engaged	Death Spiral Bounce Back Rejuvenation and Relaxation Breath control Optimal performance states Attention control	Recognise how resilience fails and how “stress” affects us Bounce-back, recover and help others be resilient Build real-time skills in calming and focusing Breathe for sleep, focus and relaxation Match skills to challenge (FLOW) – optimal performance Focus and refresh attention	
Performance Mindset Aligning mind and emotion to performance	Impulse control Self awareness Emotion regulation Thinking styles Reframing and optimism Confidence and Presence	Recognise and manage destructive emotions and impulsivity Work with the basics of EQ and power of self knowledge Understand how to build constructive emotions Recognise the impact of thinking traps Reframe thinking for resilient optimism How to demonstrate resilience to others	

PROGRAMME DIRECTOR



Dr Sven Hansen is a medical practitioner with a background in Sports Medicine. He has run corporate wellness programmes since 1988. He has a specific interest in developing leadership teams and the application of biological principles to leadership, strategy, influence, creativity and decision-making. Sven qualified as a doctor in 1986 and went on to complete an MBA in 1993. He is married with two children. He founded the Resilience Institute methodology in 2002, helping organisations and leaders across New Zealand, Australia and Asia.

For more information on how to customize a programme for your school, contact sven.hansen@resiliencei.com.

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enabling body, heart, mind and spirit



www.resiliencei.com