



## RESILIENT ME FACTSHEET

# The Circus of Life Workshop - Higher Education

### Overview

**Our flagship workshop, 'The Circus of Life', has introduced thousands of students to a whole new way of thinking about their own and other's mental health, their personal wellbeing and ongoing self development.**

The concept is a simple one. Based on the skills a circus performer might learn including juggling multiple things, finding sustainable balance and taking calculated risks, The Circus of Life workshop is a 10 year-old success story that has genuinely improved student lives and dramatically increased personal performance. It has also helped to make happier, more resilient students who are better equipped to cope with social pressures and change.

Stress is the number one cause of illness for today's young people. They are living in an increasingly fast-paced environment preparing themselves for jobs – many of which don't yet exist - and with every aspect of their progress being scrutinised relentlessly. This workshop is designed to help teenagers become resilient to these pressures showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

### Content

The workshop is split into four main areas: MHA, resilience, growth and wellbeing.

Each area contains exercises and information designed to encourage personal development and progress thus leading to reduced stress levels and increased resilience.

To be effective learners both our body and our mind have to be fit and healthy so this workshop takes an holistic approach addressing body, mind and spirit.

### Benefits

- Students address their use of internal language leading to resilient thought processes.
- Students examine the balance in their lives, identify the weak area(s) and commit to themselves to making positive changes.
- Students gain a clear understanding of what stress is and are shown how to take an holistic approach to reducing the stress in their lives.
- Students are encouraged to develop a growth mindset focusing on their desired outcomes.
- Students will be able to identify mental health issues in themselves and in their peers.

### Delivery Options

#### FACE TO FACE or VIRTUAL

**Duration:** Half day

**Audience:** Up to 50 students per workshop

#### ONLINE

**Duration:** 10 Modules of approx 15 minutes each with recap tests

**Audience:** nominated student group(s) plus FREE access for teachers and parents

### Learning Outcomes

- Students learn to identify a number of different mental health conditions
- Students learn to challenge habitual thought patterns replacing stress inducing language with resilient language
- Students identify the stress points in their life and commit to making necessary changes
- Students learn how to take an holistic approach to their well-being thus combatting stress illness
- Students begin to develop a growth mindset



**Our workshops are fast, fun and interactive. If you believe that mindset and preparation are the key to success then call us now on 01778 349613, email us at [info@resilientme.co.uk](mailto:info@resilientme.co.uk) or simply click on the link below...**

**[www.resilientme.co.uk](http://www.resilientme.co.uk)**