

# Building Resilience in Education

An introduction to the workshops and courses available from the UK's leading provider of student resilience and wellbeing training.



**resilientme**

Strength through understanding

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## INTRODUCING RESILIENT ME



**The story of Resilient Me began 20 years ago when its Principal and Founder, Rachel Munns, experienced three close members of her family suffering extremely tough times for stress-related mental health-related reasons. Thankfully, they are now well and thriving, but were the reasons that Resilient Me came into being.**

Rachel asked a couple of simple questions. What could she do to raise awareness of, overcome the stigma, and then build resilience to mental health issues?

Rachel was already an experienced presenter and educational trainer, so after thorough research used her professional and lived experience to create 'The Circus of Life'.

This workshop, and the results it began to achieve, became the foundation upon which Resilient

Me was built. It is now firmly established as the first of a three-stage process which includes MHA, Resilience, PMA (Positive Mental Attitude) and Study Skills training. Life-changing outcomes are now being achieved by education staff, students and individuals alike across the UK and beyond.

So both the back story and the mission statement for Resilient Me are summed up in three words – **Strength Through Understanding.**

STAGE

1

## Get mentally prepared...

**For over ten years, Resilient Me has been changing the attitudes and mindsets of schoolchildren and college students for the better nationwide.**

Through our engaging and memorable workshops, countless young people have learned the techniques and gained the knowledge to make them less stressed, more confident and better able to cope with examinations and social pressures. They become happier, have a brighter outlook and overall results are improved - good news for the student and for the school or college.

Consistently excellent feedback from a variety of age groups is testimony to the engaging delivery and usefulness of these workshops.

### **THE CIRCUS OF LIFE** Key stages 3,4 & 5

Learning to navigate life is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

This workshop looks at all the demands being placed on today's young people and shows them how to find balance, look after themselves, become resilient and take control of their future.

### **Aims**

The course has three main aims:

- To build resilient students
- To show students how to achieve a healthy work / life balance
- To encourage students to develop a growth mindset

### **Learning Outcomes**

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 combating stress illness.

Students begin to develop a growth mindset.



### **FEEDBACK**

*"We found the work with the students to be perfectly suited to our ongoing work around their resilience and emotional wellbeing.*

*On top of this, the training with the staff was excellent and at a time when education is tough, very timely."*

## STAGE

# 2

## Build confidence and motivation...



True motivation comes from within. 'Motivated Me' inspires students to feel excited about their futures and equips them with the knowledge and tools they need to plan their routes to success. With their objectives clear it then provides a simple but effective goal setting template for them to use over and over again as they become accomplished goal setters and achievers.

It's a fantastic, dynamic workshop helping students of all ages to find their own reasons to work hard and willingly put in the effort they need to succeed!

### **MOTIVATED ME** Key stages 4 & 5

#### **Course Objectives**

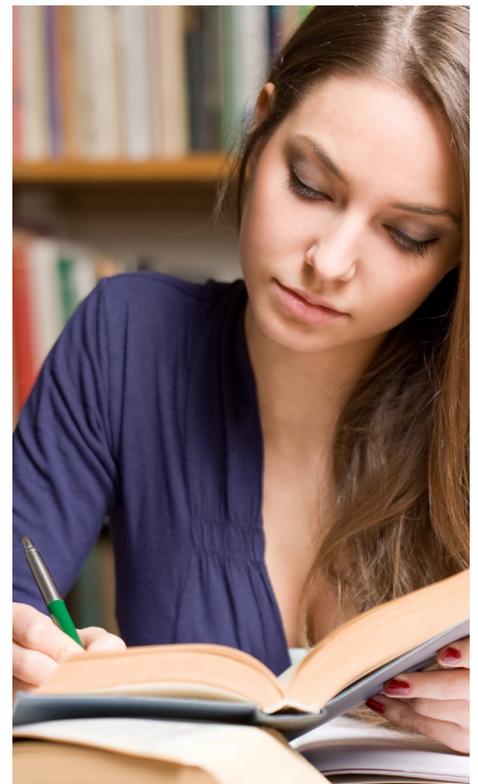
- To help students understand what motivation is and where it comes from
- To encourage students to take personal responsibility for themselves and their futures
- To help students approach their studies with confidence and achieve better results
- To encourage students to develop self-motivation
- To increase confidence in their ability to succeed
- To adopt a positive mind set and encourage personal resilience

#### **Learning Outcomes**

- Be open to opportunities around them
- Challenge limiting belief systems and habitual thinking patterns
- Adopt a healthier, positive state of mind and positive behaviours
- Develop self-motivation skills
- Focus on achieving self-set goals
- Understand their own strengths and how their behaviour impacts others
- Respond positively to negative situations

#### **FEEDBACK**

*"Absolutely brilliant!  
Very useful information and presented in an engaging and interactive way. I was very impressed with the resources and the amount of quick and practical tips for the students to be able to use instantly.  
It was very well organised and very useful for the students who were engaged throughout the whole session.  
All the students I have spoken to since found it useful and as a teacher I also found some ideas for adapting my teaching."*



## STAGE

# 3

## Sort out the skill set...

Once motivated and mentally fit and ready, we now go on to create a real appetite for learning. With engaging content and delivery, our stage 3 courses build a study, revision and examination toolkit that is second to none.

### STRESS FREE STUDY SKILLS

#### Key stages 3 & 4

Stress-free Study is the perfect introduction to the techniques, habits and attitudes required for exam success. It is an entertaining, dynamic and inspirational event that equips students with a range of study tools and techniques they can use immediately in the classroom and at home. It is a high-impact experience that significantly boosts self-confidence and raises aspirations.

### FEEDBACK

*"The content was very good and worked well using the worksheet by giving students time to reflect and write. A good mixture of student talk, participation and quiet reflection. Both students and parents gave extremely positive feedback.*

*It was an interesting and fun workshop with excellent illustrations of the techniques the students can use to build their study skills. It was also highly engaging, delivered in an enthusiastic and relevant way."*

### PREPARE TO PASS

#### Key stages 4 & 5

This course looks at the key areas of self-belief, organisation, reviewing and stress management all wrapped up in a powerful workshop complete with a revision toolkit that's second to none and flexible enough to suit everyone!

Students begin by looking at self-belief and examining their own reasons for wanting success in their exams. This is followed by a comprehensive set of world-class revision techniques – a toolkit, if you like, that guarantees to offer something to suit everyone. Organisation, including the study / life balance and pacing is next with a rigorous look at how to maximise the impact of every revision session to boost exam results. The workshop ends by building confidence through a range of stress-management techniques.



### STEP UP TO 6TH FORM

#### Key stage 5

This fast-paced, interactive workshop empowers Year 12 students to step-up to the increased demands of 6th form. It encourages independent learning and personal leadership, and at the same time promotes good stress management techniques for their own wellbeing. The workshop covers a wide range of essential skills and focusses on both mind-set and skill-set, thus equipping students with all the tools they need to maximise their potential in KS5 and beyond.

### MIND MAPPING

#### Key stages 3, 4 & 5

Mind Mapping is an effective and well-documented method of improving recall and learning, as well as being an excellent tool for improving overall levels of creativity and imagination. Taught effectively and applied in the correct way, Mind Maps can be used in all subjects to provide a comprehensive and easy route to plan better, absorb more detail and significantly boost recall skills.

# For Teachers

Although student wellbeing is the priority, staff too need to understand about mental health issues and be able to recognise and combat them in themselves. They also need to be able to support their pupils and colleagues by knowing what has been taught in our courses and by being conversant with any applied techniques.

## THE CIRCUS OF LIFE INSET DAY

### Stress, mental health awareness and resilience building for staff

Stress is the number one cause of teenage illness and also the first step on the road to mental health issues. In schools and colleges, teaching and support staff are the first line of defence against this growing crisis, but are also at risk themselves. This workshop examines precisely what stress is, how it can lead to both physical and mental health issues, what those issues are, how to spot the signs in students and in yourself and, critically, how to build resilience in the school/college environment at all levels.

The workshop is run on two levels: the staff learn how to help themselves AND they work out how the principles learned can be built into the school and classroom environment thus supporting the students. Mental Health and Resilience twilight sessions are also available.

## TEACHER TWILIGHTS

**A 1 hour teachers only session is available, if required, at the end of the day following each of our student workshops.**

These sessions will ensure that teachers know what the students have been taught earlier that day, and provide a firm foundation from which to take the learnings forward.

They are always well received by staff who appreciate the fresh ideas and genuine benefits that our courses offer.

Available twilight sessions are:

- The Circus of Life
- Stress-Free Study Skills
- Step Up to Sixth Form
- Motivated Me
- Prepare to Pass
- Mind Mapping

## FEEDBACK

*"The three sessions delivered to our students, staff and parents provided excellent, focused and relevant preparation in the final stages of GCSE revision. The sessions were pertinent and specifically tailored for each audience yet provided the required common themes and guidance to ensure that all stakeholders are equipped to work with and support each other.*

*Each session provided a fantastic balance between pragmatic and productive strategies to aid revision, the theoretical research that underpins cognitive learning and the fundamental element of wellbeing and mental health.*

*Feedback from students, staff and parents has been overwhelmingly positive and the strategies shared have already been put into practice across school."*



# For Parents

The importance of the parents' role in helping to apply the learnings from our workshops cannot be underestimated. We are therefore able to offer additional evening events that follow on from the day's workshops or courses.

## PARENTS EVENTS

These are bespoke 1-hour events that are designed to deliver the most parent-relevant and useful content from each of our courses. Delivered in an engaging and upbeat session, parents leave with an important understanding of how they can help in achieving the maximum benefits for their children.

Parents are actively encouraged to contribute in the interactive content, and to ask specific questions in the open Q&A session that closes the event. Feedback from parents' events is always excellent, and we are happy to advise on how to encourage attendance and parental follow-up.

If more than one course has been delivered on the day, a combined parents session can also be arranged.

## FEEDBACK

*"We had year 11 parents evening last night and lots of the girls said that they had found your session really useful and many had talked to their parents about it. To me this shows that they really did find it useful. I asked them what in particular they liked and the majority said the fact that the session covered the whole exam preparation process, not just revision techniques. I guess that's a case of 'it does what it says on the tin'!"*



# The Circus of Life Book

Written by Rachel Munns, 'The Circus of Life' is an easy to read, practical guide to understanding teenage stress, and how to build resilience, self confidence and happiness.

Using the unique Big Top Model, the reader is guided through their own personal 'SWOT' analysis, resulting in a full appreciation of what is good, what needs improvement and how they can best move forward to bigger and better things.

## READER'S COMMENTS

*"This is a book that is a route map for life, a sparkling self-help manual for today's teenagers, many of whom find themselves struggling to navigate the choppy and sometimes hostile waters of 21st Century adolescence.*

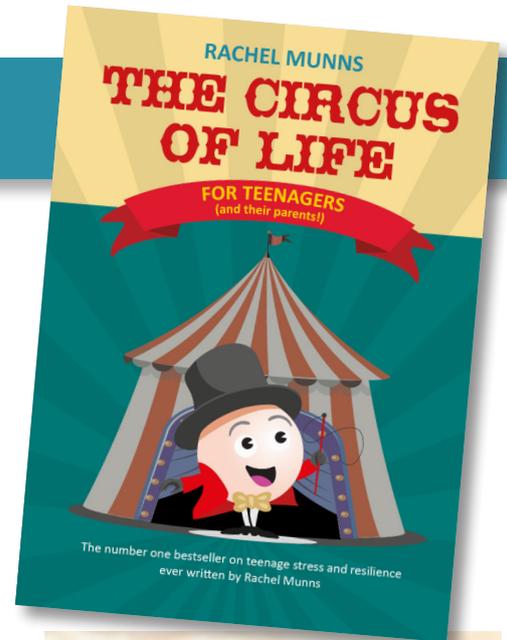
*What makes The Circus of Life so unique and so welcome is Rachel's characteristic emphasis on practical strategies for young people to manage their own mental health and to understand how their minds work, and what to do when they malfunction. Her writing truly empowers the reader and encourages them to 'Be [their] own life coach.'*

*"What an inspirational read!! I couldn't put it down from start to finish!!*

*An easy to use self-help guide that has given me so many day to day activities to support and improve my wellbeing. Brilliant suggestions to support people in our ever changing, fast-paced modern world.*

*As a mum to a teenager facing life at secondary school it has given me and him motivation and enthusiasm to run our own 'circus' with an amazing 'big top'!!"*

*"For me as a clinician I can see that this would be a great read to recommend in the wait between assessment and start of intervention as understandably that can feel so hard and uncontained and, as a parent myself, a time when you can feel so helpless. I love the appendices explaining the different mental health diagnoses and the message that everyone experiences these feelings. I spend a lot of clinic time talking about how we can't 'get rid' of anxiety, that at times it serves a purpose, we need to make it work for rather than against us."*



## HOW TO ORDER

The Circus of Life book is available through all major booksellers, or directly from Resilient Me at our website.

If you require more than one copy for parents or for your library, please contact us directly for multiple purchase and combined postage discounts.

An online preview of the book is also available at:

<https://www.book2look.com/book/djkieT3rPK>



If you would like to know more, or to discuss courses and availability – just call us on **01572 820258** or email [info@resilientme.co.uk](mailto:info@resilientme.co.uk)

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