

The Resilience Doughnut

Licensed Facilitator Training

Adult Model - F2F & Online

Tailored for professionals in schools, workplaces and businesses, this practical interactive training gives you the tools to build the resilience of adults using our model of resilience - ***The Resilience Doughnut***. Delve into an advanced level of historical research, theoretical knowledge, practical skills and engaging resources for immediate application as a facilitator after your training with The Resilience Centre.

Designed for individuals, groups and teams and in schools, workplaces and/or businesses who are working with adults. Examples include principals, deputies, executive school leaders in a school and managers, leaders, executives, coaches, mentors, supervisors, consultants, human resource managers, counsellors and practitioners in a workplace. in various workplace environments.



TRAINING OPTIONS

FACE TO FACE (F2F)

How: 2 x Days

When: 9:00 am - 4:00 pm

Where: The Resilience Centre,
Epping, NSW

ONLINE

How: 6 x Weeks

Inc: 4 x Monday Live Workshops

Inc: 3 x Hours at your own pace weekly

When: 7:00 - 8:00 pm Local Sydney Time

Where: Online via Zoom and Canvas

The Resilience Centre
Home of *The Resilience Doughnut*
401/51 Rawson Street Epping NSW 2121
(02) 9869 0377
www.theresiliencecentre.com.au



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Child & Adolescent Model - F2F & Online



TRAINING OUTCOMES

- **GAIN** a comprehensive understanding of resilience in adults in various settings
- **EXPLORE** how Australian and international resilience research impacts current strengths-based practices.
- **ACQUIRE** a strengths-based approach when working with children and adolescents, alongside an introduction to a solution-focused approach.
- **DISCOVER** how to build the emotional resilience of adults using The Resilience Doughnut.
- **LEARN** how to facilitate The Resilience Doughnut with adults in a range of settings relevant to your role.
- **USE** strategies that enhance an optimistic thinking style in adults who are facing changes, challenges and conflicts.
- **LEARN** how to utilise data to measure, evaluate, and enhance the resilience of adults in your school, workplace, or business.
- **EXPLAIN** the model to colleagues so you can have a comprehensive understanding of the implementation of the model;
- **PRACTICE** using The Resilience Doughnut model interactively until you feel confident to utilise the tools and resources independently post-training.

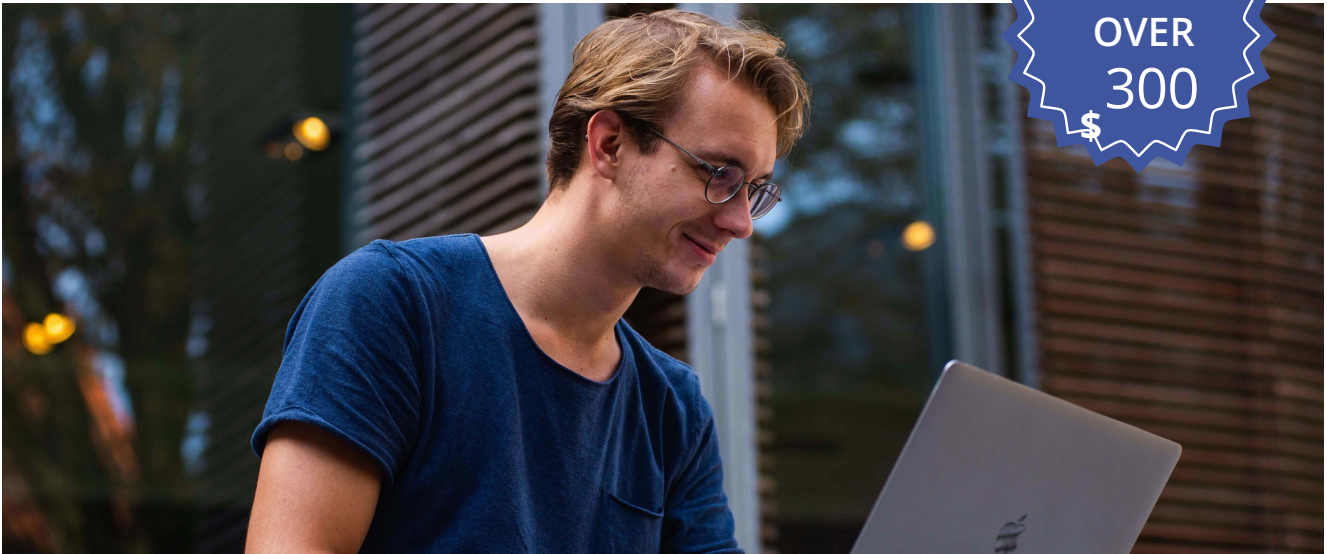
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FACILITATOR TRAINING RESOURCES

- 1 x Training Manual
- 1 x Large Floor Model
- 1x Drawstring Carry Bag
- 1 x The Resilience Doughnut Book
- 2 x Conversation Card Packs
- 10 x A5 Seminar Cards
- 30 x A4 Cut-Out Cards
- Online Portal Access



PLEASE NOTE: This training gives you the license to be a facilitator in The Resilience Doughnut. It allows you to use The Resilience Doughnut with adults in your school, practice, workplace, or business, along with providing a comprehensive understanding of resilience, that is going to inform your implementation. If you are keen to become a trainer in the model, please express your interest with Lyn and Belinda after your training. Facilitators are not permitted to train a trainer to deliver The Resilience Doughnut, or to teach The Resilience Doughnut publicly outside of your school, practice, workplace or business, or to pass the resources of The Resilience Doughnut to people who are not trained in the model. This is because it can result in the misuse of the factors and concepts of the model. Training before implementing the model is necessary to ensure it is done authentically, validly and correctly.

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