

Resilience Talks

For Your School or Workplace

F2F & Online

Tailored for schools and workplaces, our engaging informative talks about resilience give your audience an introduction to the tools that are able to build the resilience of children, adolescents or adults, using our model of resilience - **The Resilience Doughnut**. Using a strengths based and solution focused perspective. our talks aim to build the resilience of your school or workplace, personally and/or professionally.

Designed for audiences in schools, including students, parents; and staff as well as audiences in workplaces, including teams of staff and management. We have a range of trainers who are available, locally, nationally and internationally for your needs.



TALK OPTIONS

FACE TO FACE (F2F)

How: Talks Starting From 1.5 Hours Inc Q&A

When: Day or Night

Where: Schools & Workplaces

ONLINE

How: Talks Starting From 1.5 Hours Inc Q&A

When: Day or Night

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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Our talks aim to teach a range of below, depending on the hopes of your school or workplace and the needs of your audience:

- *To identify factors that build resilience*
- *To learn tools to cope with challenges confidently*
- *To use strengths to thrive during adversity*
- *To create opportunities to do more of 'what works well'*
- *To develop optimistic thinking patterns*
- *To focus on a solution, not the problem*



For more information about the timing and pricing of talks, as well as the nature of content in the talk and how this can be tailored to your school or workplace, please contact Belinda at The Resilience Centre:

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