

RESILIENCE TOOLBOX

STRIDE. EDUCATION

UPSKILL.EMPOWER.THRIVE.

The Resilience Toolbox offers students the language and the toolset to navigate stress, uncertainty and change using our C.O.R.E. Strength model.



HOW IT WORKS



Based on the C.O.R.E. strength model - confidence, optimism, resilience, empowerment - this program offers students the language and toolset needed to navigate stress, uncertainty and change that is common among students.

This program is divided into three sections - Mindset, Self-management and Motivation. Mindset goes into deeper understanding of how the mind works and how to create a more positive mindset. Students identify and define their core character strengths and learn how self-talk shapes their emotions. Self-management utilises mindfulness-based Cognitive Therapy to offer tools to understand and manage emotions. Finally, Motivation is aimed towards building resourceful habits in order to build optimism, solutions-focused and engaged learning.

TESTIMONIALS



"The workshop gave me a lot to use in everyday life. I am glad I took part in it. I now have some different tools to use when I need them most. I highly recommend it to everyone. Everyone will walk away with something helpful."

- Year 11 student



"It was fun and I loved all the activities we worked through. I enjoyed the mindset activity the most, it was brilliant."

- Year 11 student



LEARNING OUTCOMES

Personal and Social Capability

- Recognise Emotions
- Recognise personal qualities and achievements
- Develop reflective practice
- Express emotions appropriately
- Develop self-discipline and set goals
- Become confident, resilient and adaptable
- Appreciate diverse perspectives
- Understand relationships
- Make Decisions

RECOMMENDED FOR...



This program has a junior (grades 4-6) and senior program (years 7-12) perfect for students who have challenges with anxiety and making decisions.



BOOK NOW!

Call us on 03 9088 5520
email office@stride.org.au
visit www.stride.org.au