



Building Resilience

Duration 2 hours – no breaks

Maximum 25 attendees*

Content Overview

Both in and out of work, resilience has become a 'go to' strategy for staff in all workplaces. Resilient ESS have lower levels of stress, can identify, and manage stress and they know that maintaining resilience requires ongoing PD and support from the School.

Resilience is a skill that can be learned but it's action that turns it into a strength.

This session gives ESS an opportunity to understand what it takes to become resilient and how to bring a resilience mindset to work every day. Resilient ESS are positive role models for students and proactively support the School to achieve their goals.

- **Understanding Resilience** What it is and why it is an important skill in all ESS roles
- **Resilience at Work** Practical examples of how resilience can make change and challenges easier both in and out of work.
- **Resilience in Action** Attendees will be guided on how to develop a resilience resource kit

Outcomes

- **Clarity** What resilience is and why it's important for in all ESS roles
- **Confidence** To practice resilience skills as a team and to seek help when required
- **Actions** To continue to discuss and develop resilience post session

Inclusions

- **Key Slides and Handouts** for reference and use post session

Our Requirements

- ✓ **Copy of School Goals** - Values, Mission, and/or Vision Statements
- ✓ **Venue** with resources for a PowerPoint presentation
- ✓ **Refreshments** are at your discretion and cost

COST \$1,950 + gst

**If you have more than 25 attendees, please contact us for a tailored quote.*

