SINGLE SESSION

Bouncing Forward

Turning resilience into an everyday strength

DURATION 3 hour (Includes a 15 min break)

MAXIMUM 30 attendees*

Content Overview

Change, pressure and busy days are part of life in every school. What sets some staff apart isn't avoiding stress – it's knowing how to recognise it, manage it and bounce forward. Resilient ESS feel less stressed, recover faster from setbacks and understand that resilience isn't a one-off fix: it grows with 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.

In this practical, interactive session, ESS will explore what resilience really looks like and leave with simple strategies to bring a resilient mindset to work every day. The benefits reach well beyond the individual – resilient staff are positive role models for students and active partners in helping the School achieve goals.

- **Understanding Resilience** What it is and why it is an important skill in all support staff roles
- **Resilience Matters** Practical examples of how resilience can make change and challenges easier both in and out of work
- **Resilience in Action** Attendees will be guided to develop a resilience resource kit for individual and team use including ready to go actions to implement tomorrow.

Outcomes

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

Our Requirements

- **Venue** with resources for a PowerPoint presentation
- **Refreshments** at your discretion and cost

Contact Us for a Quote admin@justforschools.com.au | 0422 476 070

**If you have fewer than 10 or more than 30 to attend, please let us know*

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