

How resilient are you?

This new project explores how to help individuals develop their ability to 'bounce back' from life's challenges such as unemployment by using internal and external resources. An online toolbox including positive health promotion approaches, an interview scheme for identifying students at risk and guidelines for introducing resilience into adult education and counselling will be developed.



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Research is currently being conducted with training and education institutions, local authorities and community organisations to develop a positive lifelong learning approach to wellbeing using resilience theory. There are benefits in education such as reducing drop outs and for employers such as reducing sickness absence.



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For more information visit our website

www.resilience-project.eu

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