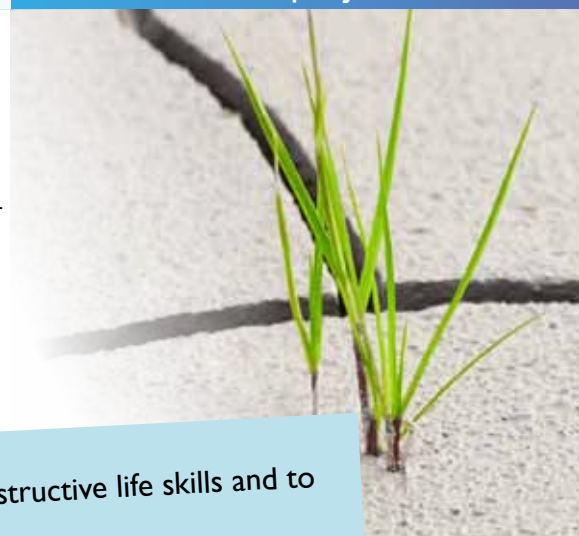


How resilient are you?

This project explores how to help individuals and communities develop their ability to withstand life's challenges such as unemployment by using internal and external resources. An online selection box is being developed including positive health promotion approaches, an interview scheme to help students at risk, a 'serious' game and guidelines for introducing resilience into adult education and counselling.

Resilience -

The ability to exercise constructive life skills and to meet the challenges of life.



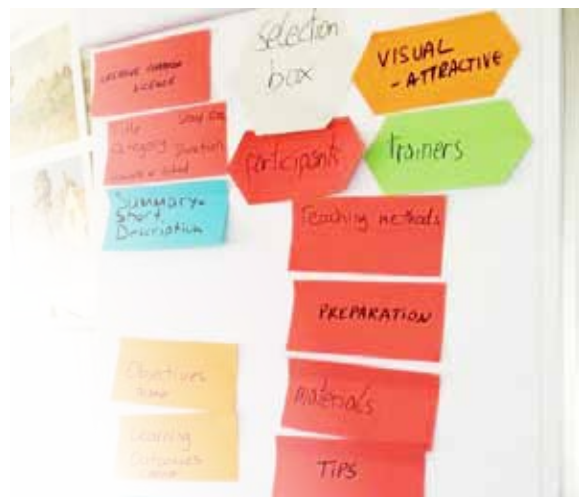
Interest from across Europe

The draft selection box was presented and discussed at the European Forum of Technical and Vocational Education and Training in Athens. Interested managers and trainers from Finland, Malta, Spain, Switzerland, Denmark, Italy, the Netherlands and the UK participated in two round table discussions. They tried out one of the exercises called 'Common denominator' and felt that the exercise could be very useful in tutorials and to help unemployed young people.

How can you be involved?

At this stage of the project we have developed 60 exercises that can be used in various training and teaching fields in order to help people to become more resilient. The exercises can be embedded in sessions or used in specific resilience training for groups and individuals. Experts and practitioners in the UK recently tried out some of the exercises and provided very useful feedback and ideas at a round table discussion during our third partner meeting.

Are you interested in testing these exercises and giving us feedback? Then please contact us!



Meet the team

Our project team includes a mix of resilience experts and training practitioners from Austria, Finland, Greece, Iceland, Italy, Switzerland and the UK including Prof. Bengt Lindström who has researched and published many studies on the concept of a salutogenic approach to health promotion; Prof. Dr. Thomas Wenzel who has a specialist focus on post-conflict coping with stress and Tony Lam who is an expert in developing fun and active games with a serious message. Also, Anna Sigurðardóttir and Björg J. Birgisdóttir who have participated in several European projects that have focussed on developing methods for counsellors to use when working with those who are at risk of dropping out.



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