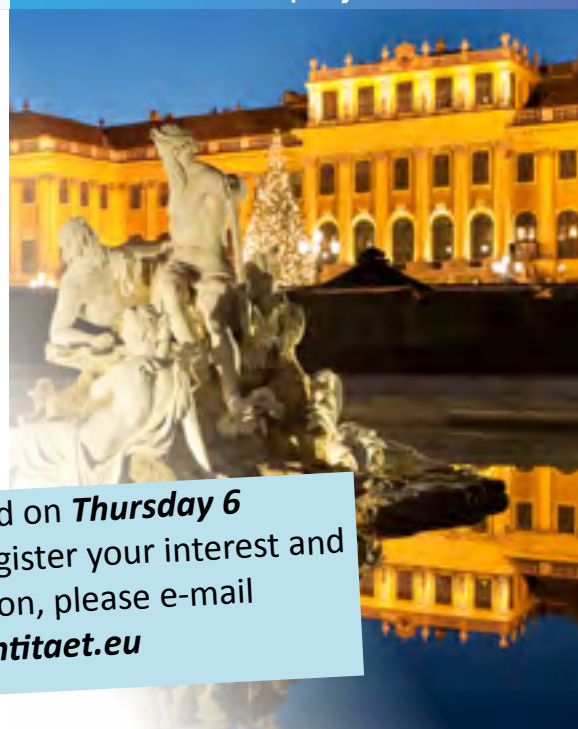


## Invitation to Vienna

Teachers, trainers, tutors, counsellors, psychologists and those involved in public health with an interest in developing resilience are warmly invited to our seminar in the beautiful city of Vienna.

At the seminar you will find out more about the selection box of exercises, guidelines, personal profile interview and serious game developed by the project team to help individuals and groups develop their resilience skills. You will hear from experts on the benefits of resilience development in different situations and there will be an opportunity to discuss how resilience training could be used in your organisation and country.

The seminar will be held on **Thursday 6 November 2014**. To register your interest and receive more information, please e-mail [office@blickpunkt-identitaet.eu](mailto:office@blickpunkt-identitaet.eu)



## Resilience in Greenland

The Resilience project was introduced at a conference in Nuuk, Greenland this March organised by NVL (<http://www.nordvux.net/>). The conference had over 60 participants from Greenland and the other Nordic countries.

Anna Sigurðardóttir represented the Icelandic partners Mimir- símenntun and the Icelandic Academy of the Arts by hosting a workshop on the methods introduced in the Resilience project. Participants were pleased and plan to use these methods.

## Pilots in the UK

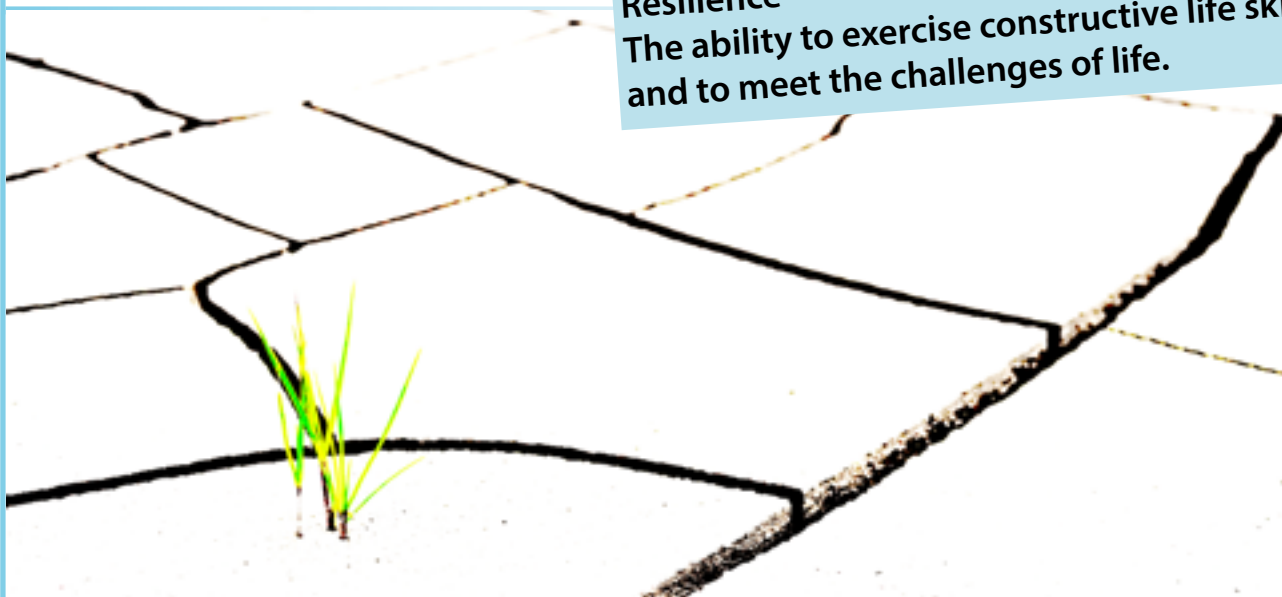
Workshops and round table discussions involving youth workers, health and wellbeing professionals, trainers, teachers and others were held at Norton Radstock College and the Boingboing organisation at the University of Brighton <http://www.boingboing.org.uk/>. The feedback gained has been very useful in the development of the resilience exercises.



## 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.**



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For more information visit our website  
**[www.resilience-project.eu](http://www.resilience-project.eu)**

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