

Feedback from our seminar in Vienna

Teachers, trainers, tutors, counsellors, psychologists and those involved in public health with an interest in developing resilience participated in our seminar on 6 November 2014. In total there were 130 delegates from 15 countries!

After an overview of resilience, the project's products were presented with tasters provided in workshops. Discussions followed on how to include resilience in different fields and contexts such as health care, education and employment.

We would like to thank all those who participated in the seminar and helped to spread the project outcomes to other organisations and countries.

In the words of some of the delegates:

"For me the topic of resilience is rather new and it was great to learn a wide range of techniques to put into practice. Great practical workshops and activities!"

"I think the website will be really useful because I'll be able to use the exercises and share them with others."

"Very funny, interesting and relaxed speakers. The project can help a lot. I hope to see/read more. Thanks for letting us use your materials."



See the project website to make your choice:

www.resilience-project.eu

The resources are freely available for non-commercial use in six languages.



Final resilience products

After lots of hard work and pilot testing, the products are finally ready for you to use:

- » Guidelines - learn about how to include resilience in your professional life
- » Self-evaluation - reflect on your point of view on resilience
- » Selection box - choose your resilience exercises
- » Online game - learn more about resilience by playing our game
- » Personal Profile - learn more about this counselling method
- » Links to resilience videos
- » Reports on approaches to resilience in partner countries

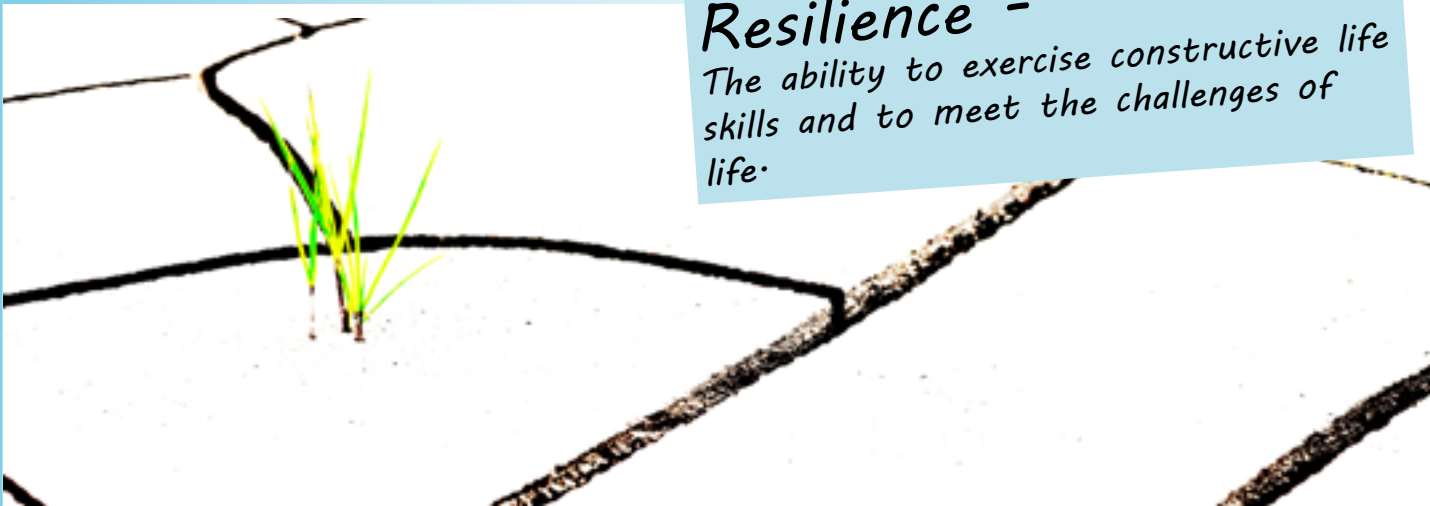


Outlook

As the project draws to an end, we see this as the start of using the resources in different organisations and contexts across Europe. During the project, as well as testing and using the products in our own organisations, we have made many links with local authorities, health care professionals, counsellors, tutors and trainers in a range of organisations. We have also built links with other projects such as the EMPLOY Project so that synergies can be further developed. Thank you for your interest. Do let us know how you have used the resilience training in your organisation and country and send us any ideas for improvements and new resilience exercises.

Klaus and the project team

from Austria, Finland, Greece Iceland, Italy and the UK



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
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