



Resilience Workshops

Children • Young People • Staff • Parents

A key factor with anyone, regardless of their age, when it comes to their mental health and wellbeing, we are pleased to begin offering resilience workshops.

Resilience is a key protective factor when it comes to our wellbeing, and the steps to build our resilience is accessible and straightforward.

We have 3 separate provisions for you and your organisation: which can be offered in-person, or via Zoom:

Children & Young People
Assembly to 1-hour workshop

Staff
1 hour to 90 minutes

Parents
1 hour to 90 minutes

About the trainer

Our primary facilitator for this training is Dr. Stuart Lawrence, with our daily instructors also running bespoke Resilience workshops.

Dr. Stuart Lawrence was an educator for many years, before moving into his current positions ranging from consultant, youth engagement specialist, coach and public speaker.

Dr. Stuart Lawrence delivers his training in a way which is accessible and applicable to the audience, as well as mixed with a great sense of humour.



For further information or to book, please contact George Peterkin at:

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