

Life

Resilience Portfolio

 LOCATION: On school site  DURATION: 1 day  GROUP SIZE: 40

About the programme

This purposeful preparation for work and life toolkit includes six workshops designed with the young person in mind and the complex challenges and hurdles that they are faced with growing up in today's society. Each workshop creates a sense of empowerment giving young people the tools to be self-assured in discussing the experiences critical to their continued development and resilience. A key focus will be to break down barriers in communication to discuss topics that are often difficult due to lack of confidence or contemporary knowledge.

You will have the option to select all six workshops over one day or you can select any three workshops which you feel are important for your own learners and their environment in a half-day session. This programme is also suitable for teacher CPD to provide them with the knowledge and understanding of what goes on in a young person's life, to support them in their role as a teacher and promoting a safe world for young people to grow up in.

Background

Today's young people will face a labour market which requires them to demonstrate effective social and emotional competencies and capabilities. They are growing up in a world where they feel under enormous pressure to cope with everyday pressures and challenges. As a result, this is impacting on their mental health and wellbeing – affecting one in every three young people in the classroom.

Persistence, self-motivation and confidence are all essential traits which support young people to navigate an increasingly complex world. This workshop provides a safe and supportive environment in which young people are supported to explore the problems which they may face and learn how they can overcome them.

Focus areas

- Digital society
- Gang culture
- Knife crime
- County lines
- Social pressures
- LGBTQ+
- Relationships and Sex Education

Programme aims

- Provide knowledge and understanding of the key social challenges.
- Promote discussion and openness around the focus areas so that young people feel supported and confident.
- Provide techniques and tools to overcome the challenges they may face.
- Know how, when and who to report information to which may have harmful effects.

Skills Development

Teamwork
Communication
Decision Making

Negotiation

Curriculum Links

Health & Wellbeing
PSHE
Personal Development

Behaviours & Attitudes

Suitable for



Gatsby Benchmarks



Ofsted or Educational Priority

