

'DEVELOPING YOUR RESILIENCE' TRAINING

DATE: 19th February 2018 **TIME:** 9.30am - 3.30pm

VENUE: Youth Enquiry Service (Y.E.S), Trinity Street, Colchester

The aim is to provide professionals with resilience and wellbeing skills using appreciative coaching questions and positive psychology interventions such as gratitude and strengths activities.

Appreciative coaching focuses on what has and is working in your professional and personal lives and is designed to capitalise on an individuals strengths to generate future positive changes.

We will be joined by an Autism & ADHD expert!

Useful for:

Leaders of organisations, teachers, middle leaders, parents, support staff, pastoral staff, charity workers, entrepreneurs, social entrepreneurs, employees of organisations and individuals looking for new skills to deal with change/challenging life situations.

Cost:£

£120pp to be paid in advance of course date.

20% discount if a social enterprise/charity/NEETSA.

Payment details:

If you would like to book your place you can do so now paying by BACS.

Account number: 76165507 Sort code: 60-09-23

(Reference - your name)

Email michelle@findyourspark.co.uk to let me know payment has been made so that your place can be confirmed.

Principal Activities:

- Strengths/values card activities
- Appreciative coaching questions
- Gratitude exercises
- Acceptance Commitment Therapy
- Loving kindness meditation

Principal Outcomes:

- Increased positive emotion
- Increased resilience levels/skills
- Increased motivation & kindness
- Calmer behaviour
- Improved relationships
- Identification and recognition of strengths, purpose & meaning to lives

Confidentiality:

Find Your Spark will not disclose any information to a third party without prior appraisal from attendees.

For More Information On This Training And All Our Services

Email: michelle@findyourspark.co.uk **Call:** 07834 552 514

Visit: www.findyourspark.co.uk

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