

The Resilience Doughnut: Taking a strengths-based and solution-focused approach



 **Duration:** 1 hour  **Delivery:** Face-to-face or Online

Tailored for schools and workplaces, our engaging and informative talks on resilience introduce your audience to practical tools for building resilience in children, adolescents, and adults, using The Resilience Doughnut model.



Taking a strengths-based and solution-focused approach, our talks aim to enhance resilience within your school or workplace, both personally and professionally.

Aspire Wellbeing Education is accredited to deliver The Resilience Doughnut programme.

During this presentation and workshop, you will learn to:

1

Identify factors that build resilience

2

Use tools to cope with challenges confidently

3

Use strengths to thrive during adversity

4

Create opportunities to do more of what works well

5

Develop optimistic thinking patterns

6

Focus on a solution-focused, not problem-focused mindset