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**RESILIENCE TRAINING**

**WOULD YOU LIKE TO FURTHER DEVELOP YOUR UNDERSTANDING OF RESILIENCE?**

The Rock Trust is offering a half-day training opportunity on resilience mapping.

**THE TRAINING IS FOR**:

* Social Workers
* Housing Officers
* Teachers
* Support Workers & Volunteers
* Team Leaders & Managers

**PARTICIPANTS WILL BE ABLE TO**:

- Assess resilience and vulnerability and use a working tool that can enable the service user to

develop resilience

- Understand the protective factors and look at how we can build strengths with an individual

going through a difficult transition.

**WHAT IS RESILIENCE?**

• Being resilient enables a person to continue to develop to their full potential, even when

circumstances are against them

• Resilience is having the capacity to adapt and overcome risk and adversity

• Research has shown there are six domains that have an impact on resilience

If a person has a positive experience in these areas, they are more likely to be resilient.

- **Secure base - Education - Friendships**

**- Positive values - Social competencies - Interests and talents**

**BESPOKE TRAINING:** We can adapt the training to meet your organisation’s needs.. Please contact us to discuss how we can ensure that you receive the training that will offer the greatest return for your organisation.

**DURATION:** 3.5 hours

**BOOKING:** Bespoke training £500 (10-15 delegates) for further information or to book please email [training@rocktrust.org](mailto:training@rocktrust.org) or telephone 0131 557 4059

*“Will implement this knowledge in my day to day work”* Professional- Rowan Alba