



THE RESILIENCE DOUGHNUT®

“Combining Strengths to Thrive”

What is the Resilient Doughnut?

It is a strengths based model created by Clinical Psychologist Lyn Worsley who incorporated decades of research to develop the model. This dedication has had enormous success in Australia, and is now spreading across Japan, South Africa and the UK. This interactive tool is perfect for assisting children and young people in facing many challenges that life can bring. With a wide range of different programs available, young people can engage in creative groups improving their well-being, confidence, social skills and resilience.

The Link CIC Introductory Workshop

The Link are the first accredited UK Organisation to provide Resilient Doughnut workshops for young people, along with training opportunities for adults and professionals.

We are delighted to be able to offer an introductory one day course suitable for all professionals to enable them to build resilience in the children and young people they work with, as well as themselves.

What will the Workshop Cover?

The full day workshop will explore the Resilience Doughnut model in depth and give a hands on practice to build confidence in using the model.

- Introduction to the Resilience Doughnut
- How to apply the model within the workplace
- The role of moral development, empathy and optimism in building resilience
- Practical activities and peer group exercise

THURSDAY 4TH JUNE

The Bridgeway Centre, Allendale Road, Middlesbrough, TS7 9JF

9.30am - 4.30pm

Introductory Offer £95 plus VAT

(Early booking is advised as places are limited to 25 participants to ensure maximum benefit)

For more information or to book your place please contact
Jess Eason on 01642 505 580 or email jess@redcarlink.com
www.redcarlink.com



POSITIVE MINDS. POSITIVE FUTURES