

# The Circus of Life

## Secondary School Resilience Twilight

### What exactly were the students up to today?

This twilight summarises the key information shared with the students earlier the same day.

The student Resilience workshop covers three key areas of development namely: Resilience, Growth and Wellbeing. They are provided with free, reusable tools that can form part of ongoing management of positive mental health and positive personal development.

### Description

Stress is the number one cause of illness for today's young people with 23% of teenagers suffering from a diagnosable mental health issue by the age of 18 - 20.

We are all living in an increasingly fast-paced environment with more and more demands being placed on our time and every aspect of our work being scrutinised relentlessly.

The workshop that we run for students looks at all the demands being placed on today's teenagers and shows them how to find balance, look after themselves, become resilient and take control of their future.

This twilight session introduces staff to the tools and techniques taught.

### Content

The workshop introduces staff to the techniques taught throughout the day.

They are shown the exercises but also given the theory behind each exercise so that the principles can be embedded in other ways throughout the school should they choose to.

It is also a Q & A session.

### Benefits

Staff understand what the students have been taught in their workshop.

Staff can ensure ongoing implementation of the techniques taught.

### Aims

To introduce staff to tools and techniques taught

To ensure follow through and implementation of tools and techniques

To offer a Q & A session

### Learning outcomes

All staff understand the tools and techniques taught and can implement these in many ways throughout the school. All of the techniques are equally applicable to adults and staff will benefit directly and personally from this information.

