



## Why is resilience important for schools?

Resilience is at the heart of wellbeing, success and long-term mental health, as we navigate our way through the inevitable transitions and adversities of life. For students in schools, the ability to not just cope, but instead to be able to excel and flourish, despite life's adversity is the ultimate attribute to enhance their future quality and life chances.

Daily school life does present challenges like schoolwork, sport, achievement and relationships, that can be easily overcome, and many students develop and thrive in the process. Meanwhile, other students struggle just to get there.

Parents expect schools to help enhance the wellbeing of their children and the best schools do educate the "whole child". Increasingly schools are looking to quality, research-based positive psychology to promote resilience in their students.

## What is the Resilience Doughnut?

"The Resilience Doughnut creates a paradigm shift and the language of optimism to promote developmental changes that occur throughout organisations and within individuals, their homes and their communities"

Lyn Worsley – Clinical Psychologist, The Resilience Centre Director/Researcher

The Resilience Doughnut is a practical, research-validated model being used around the world to build the emotional resilience and wellbeing of children, adolescents and adults.

### The Resilience Doughnut:

- provides a practical tool and framework to enhance wellbeing of staff and students
- is adaptable for individual practice to a whole organisation for an embedded, sustainable and evaluated approach
- is based on psychological strengths-based practices
- identifies and combines strengths needed to thrive in a modern world to influence the development of self-esteem, self-efficacy and social skills to build resilience
- fosters agency in pupils, staff and parents within a positive school
- enhances parent involvement and parenting skills to enhance wellbeing
- creates a language of optimism to promote developmental changes across all stages
- has NESA accreditation with all training
- has universal application for one-to-one, small group, whole class, year group or whole-school and staff basis
- is not a 'bolt-on' but is a framework which enhances many other resilience, wellbeing initiatives in schools; and links easily to leadership, coaching, growth mindset, character education and positive behaviour
- offers a 'train-the-trainer' approach to enhance sustainability
- is research-validated and peer-reviewed with over ten years of research data
- is endorsed through the Australian Psychological Society
- enables a whole-school data-informed approach via the powerful Resilience Report to enhance school analysis of progress
- helps schools to join and connect with a growing national and international network of schools and organisations in enhancing resilience and optimism for the future

## How can the Resilience Centre assist schools?

The Resilience Centre located in north-western Sydney is a highly regarded organisation devoted to enhancing resilience and mental wellbeing of people of all ages and circumstances using a wide range of psychological services. Training, research and therapy options are available to cater for individuals, groups and organisations including school specific options.

Much of the work is based on the practical Resilience Doughnut model developed at The Resilience Centre and now being used internationally. The model, its language and theory are simply taught and have the ability to transform school culture using Solution-Focused Brief Therapy conversations in many settings across a school.



## The Resilience Doughnut results.

Study from three different schools.

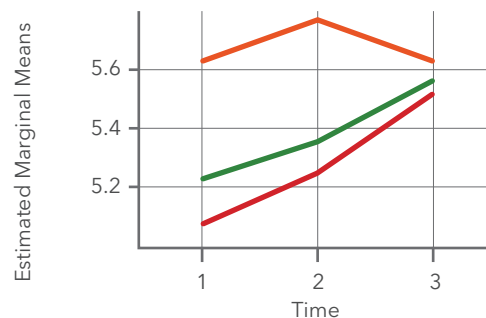
Each school implemented a program using the Resilience Doughnut. We see changes according to the students reported levels of anxiety, depression and total difficulties experienced.



Maybe you would like to read a little about the research which underpins this model.

Start with this link to this published research article: [CLICK HERE](#)

### Anxious Students



- Low Anxiety Group** No significant changes.
- Normal Anxiety Group** Increase in resilience over time.
- High Anxiety Group** Significant increase in resilience 6 and 12 months post.

## What do schools say about the Resilience Doughnut?

Thank you for such a great session today. I will be recommending this workshop to my teacher friends in other schools.

– Class Teacher

This is one of the best training sessions I have ever attended - the concept is really profound. Thank you!

– Senior Teacher

This training was completely relevant to my practice, had a logical flow and the content gave us clear idea of how to use the tool. Our trainer was great, particularly when bringing in his own experiences.

– Deputy Principal

## What's the next step?

After a free consultation with our school director, we help you:

1. Develop a whole school program to suit your school
2. Plan professional development workshops for your staff
3. Engage parents through presentations and activities
4. Plan and deliver student centred workshops and activities
5. Gather Individual student psychometric reports (using valid measures to inform whole school data on wellbeing)

### Delivery options

1. We train your staff to deliver the presentations & workshops
2. Our staff deliver all the workshops and activities

Our school director provides ongoing support over the first 12 months for both options



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