

DEVELOPING YOUR RESILIENCE' TRAINING

DATE: 15th January 2018 **TIME:** 9.30am - 2.30pm

VENUE: Youth Enquiry Service (Y.E.S), Trinity Street, Colchester

The aim is to provide parents with resilience and wellbeing skills using appreciative coaching questions and positive psychology interventions such as gratitude and strengths activities.

Appreciative coaching focuses on what has and is working in your professional and personal lives and is designed to capitalise on an individuals strengths to generate future positive changes.

As a result of our Colchester Big Choice 5k win, we are running a low cost training for low income families of autistic children to raise their wellbeing and their resilience.

Cost: ONLY a £10 deposit to secure your space!

Payment details:

Book your place now by paying with BACS.

Account number: 76165507 Sort code: 60-09-23
(Reference - your name)

Email michelle@findyourspark.co.uk to let me know payment has been made so that your place can be confirmed.

Principal Activities:

- Strengths/values card activities
- Appreciative coaching questions
- Gratitude exercises
- Acceptance Commitment Therapy
- Loving kindness meditation

Principal Outcomes:

- Increased positive emotion
- Increased resilience levels/skills
- Increased motivation & kindness
- Calmer behaviour
- Improved relationships
- Identification and recognition of strengths, purpose & meaning to lives

Confidentiality:

Find Your Spark will not disclose any information to a third party without prior appraisal from attendees.



Colchester

For More Information On This Training And All Our Services

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Visit: www.findyourspark.co.uk

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