



uncovering resilience in the next generation

Aligned with Ofsted and the British Values Curriculum the course has demonstrated the following positive outcomes for the individual as well as the educational settings ethos.

Changes in Young People

- Increased resilience, Improved self-esteem*
- Improved capacity to manage low moods*
- Improved capacity to learn and perform*
- Improved communication and conflict resolution skills*
- Improved relationships with peers, teachers and family members*

Societal/Community Ethos Changes

- Greater respect for difference and diversity*
- Greater adaptability to change*
- Greater likelihood to make healthier life choices*
- Decrease in addictive, compulsive and destructive behaviours*

**Come join us for a
free taster session
25th October 2018**

**Sessions available: 3 sessions will
be held throughout the day:**

9.30am – 11.30am

1.00am – 3.00pm

3.30pm – 5.30pm

**For more details and to book on a
taster course please contact:**

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