



Join the

# Resilience Lab

and run your own resilience building workshops with our all new TRAIN THE TRAINER.

7th, 8th, 15th October 2019  
21st, 22nd, 28th January 2020  
3rd, 4th, 10th March 2020

Sign up fast to assure your place!



Want to inspire young people to challenge adversity and boost their resilience?  
Interested in becoming part of a growing network of certified stress-busting professionals?

Off the Record (OTR) is offering a **FREE** Resilience Lab TRAIN THE TRAINER package for all staff working with young people aged 16-25 in Bristol-based organisations.

### What is The Resilience Lab?

The Resilience Lab is an exciting project run by OTR promoting good mental health for all young people. We've been delivering sessions since 2012 and we're still going strong!

We deliver psycho-educational workshops developed around the principles of Positive Psychology. All the sessions work towards equipping young people with a toolkit of strategies to help them not just cope, but overcome challenges that they face in life. Our content has been developed by young people, for young people, to ensure that what we deliver is fresh and engaging.

### Why join us?

- You'll learn to deliver your own Resilience Lab - enhance your existing project or group by offering effective content that promotes and sustains good mental health.
- Become part of a growing community of like-minded professionals and receive continual support to keep developing your own Labs.

- Share and learn from our knowledge and experience - we've taken Resilience Lab to thousands of young people and we know what works!

### How to join

We're offering a **FREE** 4 day TRAIN THE TRAINER program for interested organisations - a chance to be fully immersed in the theory and practical application behind the Resilience Lab and have you walking away totally prepared to set up your own at the end.

Through the use of engaging, evidence-based and adaptable techniques, this training will also prompt you to think about your own resilience. We will ensure you get a chance to experiment with plenty of enjoyable wellbeing promoting tools and techniques - this is a lab, after all.

### What do I do next?

Get in touch for further information and an application form. Any questions? Drop Charlotte or Cat a line on **07494 479831** or email: [charlotte@otrbristol.org.uk](mailto:charlotte@otrbristol.org.uk)

