

Title	Developing Resilience	Understand what resilience is, why it is important and how it can be achieved. How it can be developed to manage adversity and thrive in the future.
Intro	Why is this skill element important?	Learning how to deal effectively with pressure and demanding situations will help you perform at a higher level for a more sustained period. Learning how to bounce forward (stronger), not just bounce back (no improvement).
	Learning outcomes	<ul style="list-style-type: none"> • Understand resilience and how it can be achieved. • Understand your personal traps and tripwires.
	Content agenda	Define resilience, what it means to you. Understand what strengthens it and what can erode it. Identify/explore what causes you adversity; identify any potential early warning signs for you (feelings/circumstances). Use the SCARF model to understand how it affects you and deploy the 3 shields to protect your resilience. Use/further develop your skills/strengths and build a supportive network to allow you to thrive.
Body	Understanding the challenge/issue	Many aspects of life/work challenge our resilience; these can be both external and internal. Having a framework for maintaining our resilience will allow us to manage better the adverse situations that we may encounter.
	Insight	The 3 Shields – Managing Adversity, Managing Self, Managing Strain. Introduction to the SCARF model. Using our network – professional and social – to protect our resilience.
	Experience	Identify a source of adversity: Participants to apply SCARF/3 Shields model to their individual situation.
	Apply & reflect	Work through a past [work] situation that threatened your resilience and/or caused you to feel overwhelmed. How might the 3 Shields/SCARF approach have helped you deal with the situation more effectively?
Wrap	Next steps/transfer	Identify future situations where resilience may be threatened. Use SCARF to understand how it could affect you and then use the 3 Shields model to create a plan to proactively manage the situation.