

ThisIsUs Resilience Toolkit

New College Leicester

What is resilience and why do we need to embrace it?

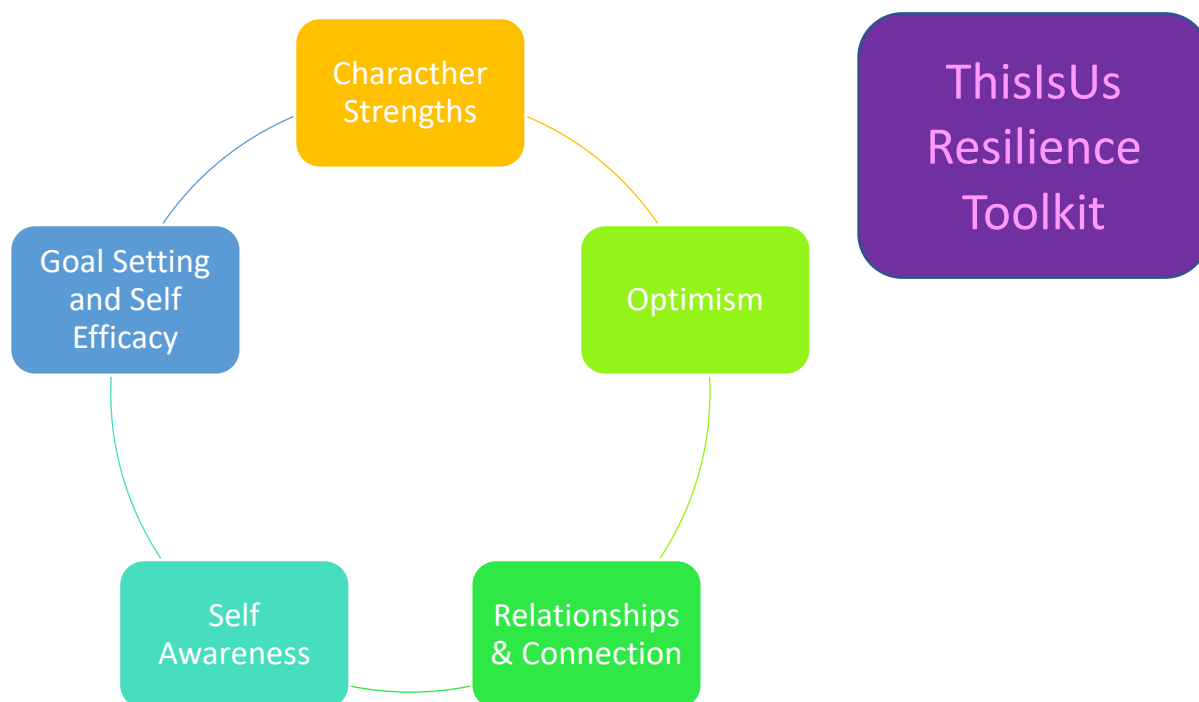
There are literally hundreds of definitions of resilience! Over the last few years, resilience has become a familiar word in both education and the workplace. The three most common types of resilience are:-

Standing Strong Resilience: When faced with a challenge of difficulty, a person stands strong and is able to cope with the situation.

Bouncing Forwards Resilience: After a particularly difficult time or challenge, a person grows even stronger both emotionally and physically.

Bouncing Back Resilience: That after a challenge or difficulty a person returns to previous levels of functioning and coping. Here at New College Leicester our students call it our '**BounceBackAbility!**'

At New College Leicester, we have developed out ThisIsUs Resilience Toolkit (parts 1 and 2) which helps us engage with what makes us resilient. For us, it's about embracing and developing our strengths, increasing our self-awareness; making healthy choices about our relationships and connections; being optimistic and problem solving and creating goals and celebrating our achievements as individuals and together as a community.



If you would like to find out more about what makes us a resilient learning community, please contact our Head of Health & Wellbeing; Miss Bagley