

Steps To Resilience (Online) Timetable

April to May 2021

Steps To Resilience is an award-winning personal development programme. It supports young people who have experienced trauma or significant disadvantage.

Our aim is to provide a flexible training programme for young people to learn about the things that matter to them and the challenges they face. We do this by providing participants with the tools and techniques to better understand their mental health and manage their emotions. Our **Steps To Resilience Online** course (open to 14-17 year olds and 18-24) includes six interactive sessions followed by optional 1-2-1 support of up to six sessions, focusing on personal development and goal setting. The team are also delivering a series of **Steps To Resilience Webinars** which are available to everyone. They will provide information on different aspects of mental health and wellbeing.

Please find below details of online support available for **14 – 24 year olds** across Falkirk and Fife, please note all courses and webinars will be delivered on Microsoft Teams.

To book a place on a course or webinar or for more information, please email catherine.sim@linkliving.org.uk or call Link Academy on 01324 466 860. Places will be booked on a first come first served basis. Each course can accommodate a maximum of 8 participants.

“ I now don't find it hard to face going in to school. I now attend every day and I am studying to become a teacher. ”

Claudia

linkliving.org.uk/steps Steps To Resilience

“ Before the course I was unsure how it was going to help, but once I got there I was suprised and I loved it. ”

Sarah

linkliving.org.uk/steps Steps To Resilience

Course 1 – Steps To Resilience Online (18-24)

Session	Date	Time
1 – Teambuilding & Introductions	Mon 5 th April	1pm – 3pm
2 – Anxiety & Stress Awareness	Tue 6 th April	1pm – 3pm
3 – Relaxation & Distraction Techniques	Wed 7 th April	1pm – 3pm
4 - Emotions and Conflict Resolution	Mon 12 th April	1pm – 3pm
5 – Social Media and Self Image	Tue 13 th April	1pm – 3pm
6 – Evaluation and Goal Setting	Wed 14 th April	1pm – 3pm

Course 2 – Steps To Resilience Online (18-24)

Session	Date	Time
1 – Teambuilding & Introductions	Mon 19 th April	1pm – 3pm
2 – Anxiety & Stress Awareness	Tue 20 th April	1pm – 3pm
3 – Relaxation & Distraction Techniques	Wed 21 st April	1pm – 3pm
4 - Emotions and Conflict Resolution	Mon 26 th April	1pm – 3pm
5 – Social Media and Self Image	Tue 27 th April	1pm – 3pm
6 – Evaluation and Goal Setting	Wed 28 th April	1pm – 3pm

Course 3 – Steps To Resilience Online (14-17)

Session	Date	Time
1 – Teambuilding & Introductions	Mon 3 rd May	1pm – 3pm
2 – Anxiety & Stress Awareness	Tue 4 th May	1pm – 3pm
3 – Relaxation & Distraction Techniques	Wed 5 th May	1pm – 3pm
4 - Emotions and Conflict Resolution	Mon 10 th May	1pm – 3pm
5 – Social Media and Self Image	Tue 11 th May	1pm – 3pm
6 – Evaluation and Goal Setting	Wed 12 th May	1pm – 3pm

Course 4 – Steps To Resilience Online (14-17)

Session	Date	Time
1 – Teambuilding & Introductions	Mon 17 th May	1pm – 3pm
2 – Anxiety & Stress Awareness	Tue 18 th May	1pm – 3pm
3 – Relaxation & Distraction Techniques	Wed 19 th May	1pm – 3pm
4 - Emotions and Conflict Resolution	Mon 24 th May	1pm – 3pm
5 – Social Media and Self Image	Tue 25 th May	1pm – 3pm
6 – Evaluation and Goal Setting	Wed 26 th May	1pm – 3pm

Steps To Resilience Webinars

Available to everyone, participants can attend as many or as little as they choose and are designed to be informative sessions rather than interactive. Additional resources are available after each webinar if required.

Week 1 - Webinars

Topic	Date	Time
1 – Self Care	Mon 5 th April	11am – 12pm
2 – Stress Management	Tue 6 th April	11am – 12pm
3 – Understanding Anxiety	Wed 7 th April	11am – 12pm
4 – Understanding Emotions	Thur 8 th April	11am – 12pm
5 – Self Image	Fri 9 th April	11am – 12pm

Week 2 - Webinars

Topic	Date	Time
6 – Social Media	Mon 12 th April	11am – 12pm
7 – Mental Health Awareness	Tue 13 th April	11am – 12pm
8 – Conflict Resolution	Wed 14 th April	11am – 12pm
9 – Mindset	Thur 15 th April	11am – 12pm

Week 3 - Webinars

Topic	Date	Time
1 – Self Care	Mon 19 th April	11am – 12pm
2 – Stress Management	Tue 20 th April	11am – 12pm
3 – Understanding Anxiety	Wed 21 st April	11am – 12pm
4 – Understanding Emotions	Thur 22 nd April	11am – 12pm
5 – Self Image	Fri 23 rd April	11am – 12pm

Week 4 - Webinars

Topic	Date	Time
6 – Social Media	Mon 26 th April	11am – 12pm
7 – Mental Health Awareness	Tue 27 th April	11am – 12pm
8 – Conflict Resolution	Wed 28 th April	11am – 12pm
9 – Mindset	Thur 29 th April	11am – 12pm

Week 5 - Webinars

Topic	Date	Time
1 – Self Care	Mon 3 rd May	11am – 12pm
2 – Stress Management	Tue 4 th May	11am – 12pm
3 – Understanding Anxiety	Wed 5 th May	11am – 12pm
4 – Understanding Emotions	Thur 6 th May	11am – 12pm
5 – Self Image	Fri 7 th May	11am – 12pm

Week 6 - Webinars

Topic	Date	Time
6 – Social Media	Mon 10 th May	11am – 12pm
7 – Mental Health Awareness	Tue 11 th May	11am – 12pm
8 – Conflict Resolution	Wed 12 th May	11am – 12pm
9 – Mindset	Thur 13 th May	11am – 12pm

Week 7 - Webinars

Topic	Date	Time
1 – Self Care	Mon 17 th May	11am – 12pm
2 – Stress Management	Tue 18 th May	11am – 12pm
3 – Understanding Anxiety	Wed 19 th May	11am – 12pm
4 – Understanding Emotions	Thur 20 th May	11am – 12pm
5 – Self Image	Fri 21 st May	11am – 12pm

Week 8 - Webinars

Topic	Date	Time
6 – Social Media	Mon 24 th May	11am – 12pm
7 – Mental Health Awareness	Tue 25 th May	11am – 12pm
8 – Conflict Resolution	Wed 26 th May	11am – 12pm
9 – Mindset	Thur 27 th May	11am – 12pm