



## Steps to Resilience – West Fife Schools

LinkLiving are running a unique 10-week programme to help with personal development needs of young people in S3-S4 at participating schools in West Fife starting on **Thursday 23<sup>rd</sup> September**.

The **Steps to Resilience** programme is delivered through group activity over a ten-week period (every Thursday and Friday 10am – 2pm). We use reflection, physical activity and self-help techniques to support the young people we work with to make changes that matter to them. The programme is available for young people in Fife.

**The aim of Steps to Resilience** is to build the capacity of young people to:

- Recognise, understand and manage the challenges they face
- Develop positive behaviours
- Identify and work towards their ambitions
- Increase in confidence and self-esteem

The training includes the following and LinkLiving cover lunch and travel costs:

- Developing skills to manage stress and anxiety
- Fun and interesting activities that include self-defense, CBT, mindfulness, nutrition & exercise and days out to build confidence
- Learning new skills that will support you for the future
- 1:1 support
- 3-day residential at the end of the course

If you would like to book a place or require further information then please contact Your guidance teacher or Link Academy on the details below.

Tel 01324 466860

Email [lareception@linkliving.org.uk](mailto:lareception@linkliving.org.uk)

[www.linkliving.org.uk](http://www.linkliving.org.uk)

