

Let's Make Me Resilient

A comprehensive training programme for teachers and others who support young people to bounce back from life's challenges. Designed specifically for delivery of workshop sessions within secondary schools, this training not only explains how to present this material and how this is underpinned by research and best practice, but it also provides teaching guides, presentation materials, discussion tools and tips on how to respond to those tricky questions.



Resilience is the ability to bounce back – and move forward – from periods of change and adversity, stress and trauma, loss, disappointment, and perhaps most importantly, the strain and intensity of just doing the “day-to-day” in today’s world. We know that those most at risk – many of today’s youth – **need resilience more than anything.**

Our capacity for resilience is directly related to our capacity for flexibility, adaptability, productivity and longevity. Additionally, **resilience contributes significantly to making good decisions when we are under stress**, reaching out for help when we don’t know what to do, and noticing and helping those around us who may be in trouble.

Resilience Training makes the challenges we face “smaller” – simply by making us “bigger” and more capable.

Edmond Otis BA, MSc, MFT
Program Developer



Real Feedback from Real Teachers

The most valuable aspects were the opportunity for students to reflect on managing themselves and realise that they not alone in the way they deal with situations that may arise and to realise there are strategies to deal with every situation.

I loved hearing our students talking about the sessions in between workshops. We also had great feedback from parents when they heard about the content in the workshops.

Being taught strategies of reducing stress. Especially the exercises! These are so simple but effective. Our students need to know these ways

Very clear presentation! Very good tools!

Stress strategies, breathing, tense. Love the egg/basketball. Excellent presentations - engaging, clear and activities/videos to keep students engaged and pitched at their level and interests.

What is 'Let's Make Me Resilient?'

This is a 'resilience training program' designed for delivery within New Zealand schools by teachers or counsellors with the aim to assist young people to learn the skills that are essential for 'resilience'.

The program is designed to be delivered over three 45–60 minute interactive sessions for groups of up to 30 people, followed by a fourth wrap-up summary session. Other format options are available based on site, student year, group flexibility and need.

SESSION OVERVIEW

1. Let's Make Me Resilient:

Participants learn to apply cognitive concepts and skills from sport, health, and performance psychology - to living everyday life and facing challenges from a positive perspective.

Anticipated learning outcomes:

Participants will be able to demonstrate to students how to apply three specific "Think the Way Resilient People Think" strategies for when they find themselves in difficult or challenging situations.

2. Real Stress Management Skills:

A training to specifically address the types of stressors we most commonly face.

We will help participants understand how stress works, and how it affects our thoughts, emotions, and behaviours (including self-destructive and addictive behaviours). Most importantly, this session focuses on providing participants with actual, practical, personal and inter-personal stress management techniques and skills that they will be able to use immediately.

Anticipated learning outcomes:

Participants will be able to demonstrate to students 2-3 specific useful stress management techniques for the times that they can't change their situation.

3. Making Difficult Conversations Easier:

We all need to communicate, but for a lot of us, the conversations we really need to have, are the hardest for us to start and finish. They are the ones we end up avoiding – which often just makes things worse. This session will cover some good ways to figure out what you need to say, to who, and how to say it.

Anticipated learning outcomes:

Participants will be able to teach students 2-3 specific face-to-face communication techniques and strategies that will help them communicate more effectively with peers, parents, family, teachers, and strangers – specifically when they need to – but don't know how.

4. What have we learned:

This session draws together the three previous sessions, recaps the learning and how students build confidence so that they can build their 'resilience', and lead successfully.

And Here Is What Students Said They Learnt

To just carry on and always stay positive and that having plans are good to have, as well as making a change to many outcomes that come your way.

That our brain has a GPS. That “calm down” makes people mad. That we have to say “no” three times for it to be processed.

There are different ways to handle and talk to people in hard situations and conversations.

That there are different ways to breathe and I have probably been breathing wrong my whole life. How to calm myself in different situations.

I think the phrase of doom because it taught me that no matter how I say calm down, it still won't make the conversation any better. It is better to admit to your wrongs.

Saying no is ok and having to learn when to say no. Muscle relaxation to relieve stress.

How to start a hard conversation with my parents or how to bounce back from a bad day or game.



WHO IS EDMOND OTIS?

Edmond is a health educator, licensed psychotherapist, and speaker who works with individual clients, athletes, sport teams, businesses, public and private organisations, in New Zealand and the US, to increase resilience, improve performance, reduce stress, and facilitate change.

Edmond and his family moved to New Zealand in 2008 and became citizens in 2015. He is a senior lecturer in Health and Sport Science at EIT, and from 1981 – 2007, a senior lecturer in Humanities and Physical Education at the University of California, Riverside. As director of UCR's nationally known martial-arts program, Edmond coached numerous individuals and teams to national (USA) and international karate championships.

Edmond developed “Let's Make Me Resilient” with Health Hawke's Bay – the primary health organisation in Hawke's Bay.

THE BACKGROUND TO “Let's Make Me Resilient”.

The program was trialled across schools in Hawke's Bay during 2016-17 and then presented at 14 secondary schools during the 2018-19 academic years. It is expected that a similar number of schools within Hawke's Bay will use the program in the 2020 with many schools choosing to have Edmond present the workshop.

To spread the skills and better support young people, this 'Teacher/Trainer Workshop' is designed specifically to train others to deliver the program.

Our vision is to deliver this by training teachers or local coordinators within schools and then offer an ongoing coaching process where Edmond supports schools to integrate the training within their curriculum.

