



About the Adult Resilience program

The Adult Resilience program is ideal for adults of all ages from late teens to older adults.

The Adult Resilience program increases coping skills and resilience by showing participants how to be more aware of their thoughts, feelings and behaviours and equipping them with the skills to help them with relaxation, mindfulness, reframed thinking, communication, conflict resolution, and positive actions.

This program has been delivered successfully to individuals in a group setting and in work and community settings – schools, aged care facilities and corporate settings.

It's time we valued our mental health as much as we did our physical well-being. Our productivity is enhanced when we are happier and more resilient.

Backed by years of research the Adult Resilience course is proven to help participants be the best they can be, and impart on them many skills and tools such as:

- To identify feelings and develop empathy
- How to control and regulate intense emotions
- Relaxation techniques – like those used by athletes
- Mindfulness skills and exercises to stay in the moment, focus and relax
- Prevent bullying for both victims and bullies.
- Resist peer pressure and develop positive relationships

- To compromise in tricky situations and avoid conflict
- To choose appropriate role models
- Setting realistic and achievable life or study goals
- Organisation and focus skills
- Develop non-internet-based friendships and relationships

The structure of the Adult Resilience Program is a 6-session course, with each session taking around an hour.

Developed by Professor Paula Barrett, the program can change the lives of thousands of participants and helps them navigate through treacherous periods of change and challenges in life. Based on the CBT below, the program offers and promotes the development of life long valuable skills and resilience to cope with challenges and life stresses on a positive and effective ways.

