



The Partnership

Austria

Blickpunkt Identität – Project Coordinator

www.blickpunkt-identitaet.eu

Medizinische Universität Wien

www.muw.ac.at

United Kingdom

Norton Radstock College

www.nortcoll.ac.uk

Iceland

Listahaskoli Islands

www.lhi.is

Mimir-Simenntun

www.mimir.is

Italy

CSCS - Centro Servizi “Cultua Sviluppo” srl

www.cscs.it

Finland

Folkhälsan

www.salutogenesis.fi

Greece

Greece Academic Network

www.gunet.gr

External Partners

Spain

Impacts.eu

www.impacts.eu

Switzerland

NetUnion

www.netunion.com



*For more information visit our website
www.resilience-project.eu*

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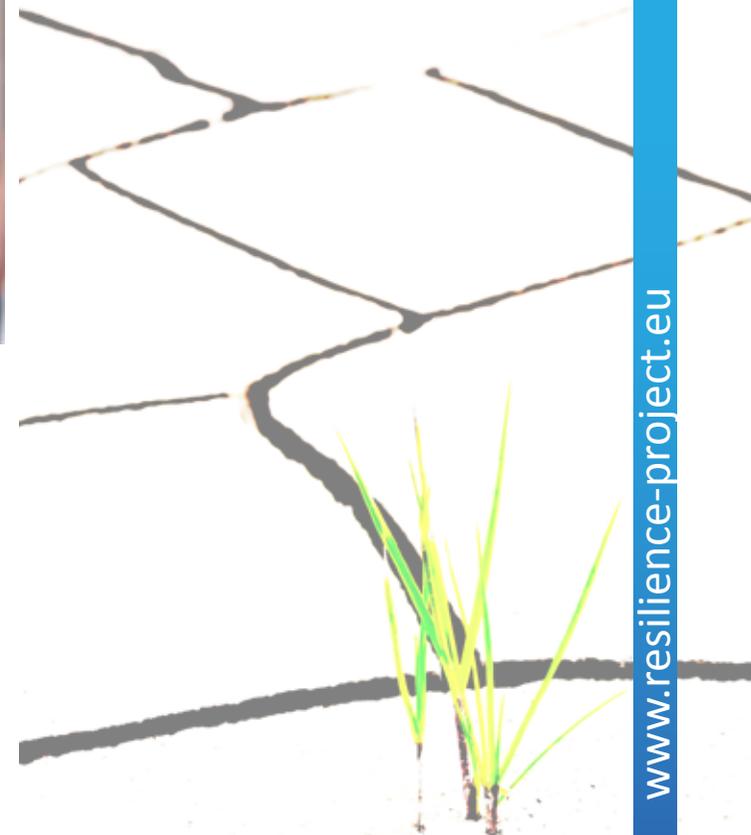
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RESILIENCE

a key skill for education and job



www.resilience-project.eu

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How resilient are you?

This project explores how to help individuals and communities develop their ability to withstand life's challenges by using internal and external resources. It also helps people to become more resilient!

Our society has changed rapidly in the last few years. Operating procedures have become faster, employees have to deal with an increasing workload and need to apply themselves with their whole personality and full dedication in increasingly precarious employment situations. Recent studies have demonstrated increasing levels of stress faced by the European population, and even more so by disadvantaged groups such as migrants and those facing long term unemployment, irregular work or changes in personal and work life who have an increasing risk of health problems and loss of social support networks. These periods of discontinuity require the use of strategies to cope with uncertain and changing situations. Key competences like flexibility, stress resistance and the ability to cope with pressure are more vital than ever. Competences that most of us did not learn at school!



Project Goal

The overall goal of this project is to integrate resilience as a horizontal approach in all kinds of training methods for adolescents and adults. As a consequence, the main target groups are training and education institutions, regardless of the subject or qualification being studied. In this case, resilience can be integrated into vocational courses and studies, adult education, language courses, IT courses, etc. and will help to increase learner success rates and reduce numbers of learners who drop out of education early.



The Products

Selection Box

The Selection Box is a set of various resilience exercises for use with individuals and groups. In order to make the selection of the exercises as user-friendly as possible, the exercises are available in an online database. Users can easily find the right exercise by choosing different search criteria such as topic, group size, duration, etc.

Guidelines

How can resilience exercises be integrated into existing teaching schemes? Our Guidelines explain and give examples of how to introduce aspects of resilience into adult education. These guidelines enable trainers and teachers from diverse backgrounds to work with the tools presented in the Selection Box. Special attention is given to the framework of existing teaching schemes, the specific requirements of individual users and specific learning cultures in order to meet the needs of adult education and vocational training providers.

The Personal Profile Interview Scheme

The Personal Profile interview scheme is based on theories connected to human behaviour and individuals' needs in their communities. The main focus is on story telling, sharing positive past experiences and asking open-ended questions based on Glasser's theory about individuals' needs.

The Personal Profile, with its emphasis on resilience, supports trainers, teachers and counsellors in helping people to face life challenges in a constructive way using internal and external resources. The interview scheme is both structured and visual and it is used in a preventative and supporting way to assist individuals facing the realities of life. Therefore the Personal Profile can be used simultaneously with the exercises presented in the Selection Box. It can also give important hints as to which exercise best fits the demands and needs of an individual or a particular target group.

Serious Game

Serious games targeting psychological and behavioural factors related to resilience, i.e. self-confidence, self-image, coping with anxiety and impulse regulation, have shown promising results. The Resilience project is developing a mini game or a game-like interaction to reinforce a selected theme common to the various exercises in the toolbox. The game will also act as a "teaser" to prompt interest and engagement with target groups.