Having Resilience Conversations

There are six areas in our lives where we can promote resilience. Two tools have been developed to assess a young person's resilience, a Self-Reflection tool and a Resilience Conversation tool.

Both tools are available to download from www.kentresiliencehub.org.uk Training is available on both the use of the tools and the theory which supports them.

Using the Resilience Conversation Tool

Step 1 Arrange to meet the young person at a time that is suitable for them, in a calm and inviting environment.

Step 2 Explain the tool, explain the consent box and invite the young person to have a resilience conversation (refer to <u>Guidance Notes</u> if required).

Step 3 Ask the young person to rate how they feel about each area (red, amber or green). Some young people may want to discuss each section as they go. Others may start by focusing on one or two key areas.

Step 4 Discuss with the young people why they put that colour. Focus on greens first and gradually move on ambers and reds. Ask what would make a 'red' better? Try to help boost red areas with a green from another area. Not all areas need discussing.

Step 5 Following the discussion, record any agreed actions in the 'actions' column. It is not essential to have an action for each area.

Step 8 Let the young person know that you are available and agree to review their resilience conversation in 4-6 weeks with the young person.

Step 7 Return to

responses to end

on a positive.

No

the 'green'

Identify opportunities and discuss options before agreeing next steps.

Yes

Step 6 Would the young person benefit from any multi-agency support?

Don't overthink the conversation; allow it to flow. You are likely to already be having these sorts of conversations. If they are able to, let the young person lead but prompt for more information if appropriate.

Further information, including referral routes can be found at www.kentresiliencehub.org.uk