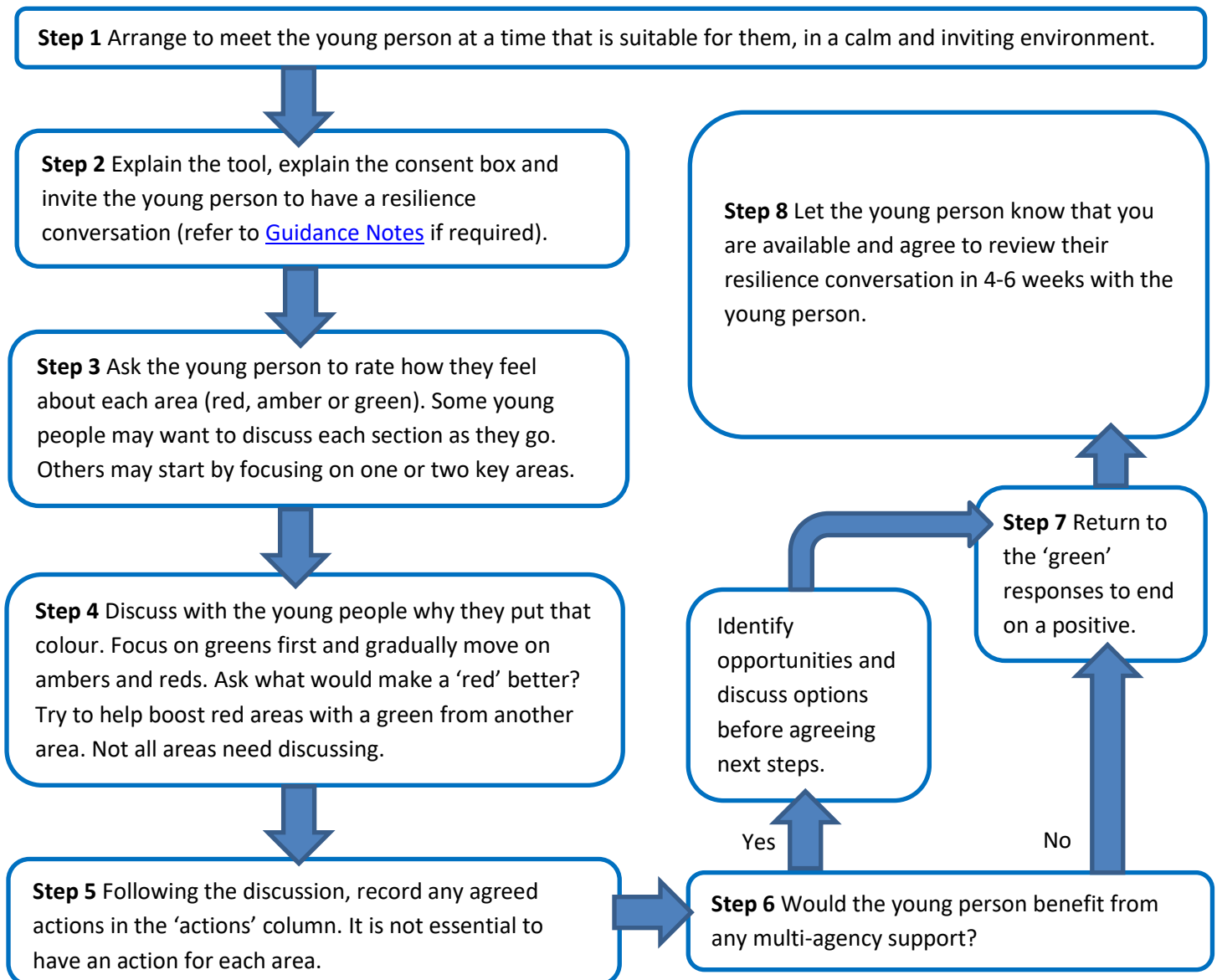


Having Resilience Conversations

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



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