

Coaching for Resilience

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How can I use psychology-informed coaching approaches to support either myself or other adults/young adults to maintain or enhance their resilience?



This workshop will support participants to develop a **toolbox of practical, evidence-informed strategies** that we can apply to improve our own or others' ability to deal with change, challenge or adversity. The session is aimed at coaches, psychologists, and education practitioners who may have an interest or investment in helping other adults/young adults to develop enhanced resilience. The methods covered draw upon a combination of tools and principles informed by cognitive-behavioural and ACT (Acceptance & Commitment Therapy)-based approaches.

The session will cover:

- What is resilience?
- Components of resilience
- Resilience and control.
- The role of cognition in resilience
- Resilience-Undermining and Resilience-Enhancing Thinking
- Values and resilience.
- Stress-mapping.