



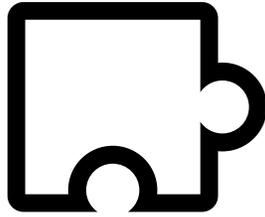
Staying positive (resilience)

Age range: 11-19

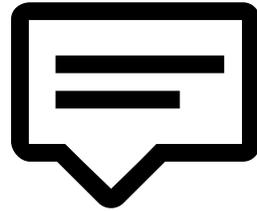
 **BARCLAYS** | LifeSkills



Why are core transferable skills important?



Problem solving



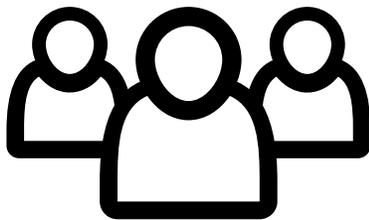
Listening
and speaking
(communication)



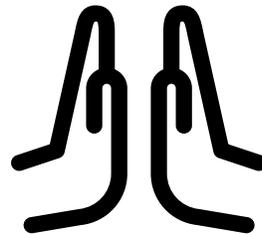
Creativity



Aiming high
(proactivity)



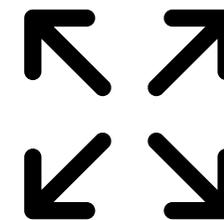
Leadership



Teamwork



Staying positive
(resilience)



Adaptability



What is resilience?

3

Resilience is the ability to use tactics to overcome setbacks and achieve goals whilst staying positive.

This session helps to work towards steps 8 to 11 from the Skills Builder Framework for **staying positive**.

Sam's experience: Scenarios



Hockey captain

"I put myself forward as captain of our hockey team. I've been training really hard this year and have worked hard on building good relationships with other team members, but the coach told me that she'd picked someone else."



Primary school job

"I applied for a job at my local primary school which I was really excited about. It involved organising activities for the children attending the after-school school, which I think I would be good at, as I've done a lot of babysitting and like coming up with creative ideas. I had an interview but didn't get the job."



Gardening business

"I started a gardening business with one of my friends to earn some money outside of school hours. We started to get a lot of local evening and weekend work through people recommending us and we worked well together because we had different skills which complemented one another. Now my friend's family is moving away and he won't be able to work with me anymore. I can't manage all the work on my own."

A model of development



The four A's approach

A

Alter

What can you change to make the challenge easier to overcome? Think about the other skills you can use, like communication, problem solving and creativity.

A

Adapt

Are you being realistic? Do you need to adapt your expectations about how quickly you can achieve the goal or change your approach?

A

Accept

Understand that there might be setbacks that you can't deal with on your own – who might be able to support you?

Sometimes challenges can't be avoided or prepared for, and you will feel negative emotions. How can you move forward towards feeling more positive?

A

Avoid

Think about what could stop you from overcoming the challenge. If you tend to leave things to the last minute or not ask for help when you need it, how can you avoid these pitfalls?

How could you use the Four A's to meet your goals and overcome setbacks?

Reflecting on staying positive

- What can be the risk of sharing the positive side of a difficult situation?
- How can involving others with identifying the positive side be helpful?
- What tactics can someone use to demonstrate and build resilience?
- What characteristics or skills are needed to overcome setbacks?
- Can students think of ways in which resilience can affect our mental wellbeing?

