



Let s Talk: Resilience

By Sue Nicholls

Speechmark Publishing Ltd, United Kingdom, 2015. Cards. Book Condition: New. 1st New edition. 125 x 85 mm. Language: English . Brand New Book. Let s Talk: Resilience are cards to improve communication and confidence. To understand more about resilience, these cards help to develop resilience skills and look at how to use different strategies to be resilient in difficult situations. Let s Talk: Resilience can be used: with adults and children aged 7+; with individuals or in small groups; at school (1-1 learning support, circle time), youth groups, child psychologists, family therapy, personal development confidence building workshops, adult training sessions and at home; adaptable: separate sessions/ a full workshop/ ongoing use. The cards are in 5 sections: discussion (to get people thinking about resilience); quotes (either put the cards face up on the floor or table and ask each person to choose their favourite explain why; or each person picks a card in turn to read to the group); experience (participants share their own experiences of being resilient); and think again (changing unhelpful thinking patterns into helpful ones. Read the situation quote on the card; change the unhelpful thinking pattern into the helpful one which is given and suggest what...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

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The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II