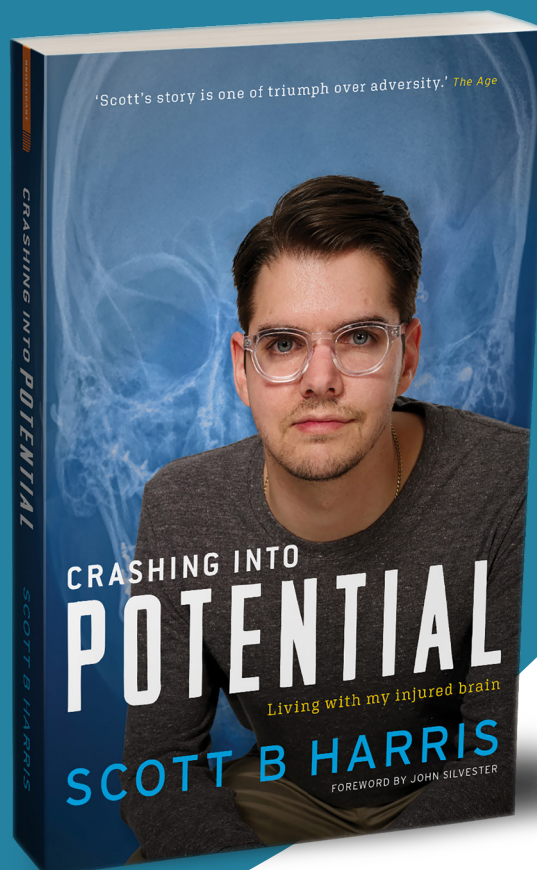




CRASHING INTO POTENTIAL

Resilience Workshop Overview



Following on from Scott's keynote presentation, this workshop is designed to help participants climb over the walls of their own lives. He shares with the group, the strategies to set and achieve goals, that he has used since he started rehab all those years ago. Scott learnt from the professionals – his therapists – and when they spoke, he listened. The running thread through his recovery has been goal setting and in this workshop, participants will come to realise how important goals are to help take on challenges and take on life.

Please note* Students must have seen Scott present his keynote

Subject: Wellbeing

Length: 2 hour

Your students will learn:

- How to build their own roadmap (Goal Setting)
- How to plan their weeks for success
- How to practice gratitude on a daily basis
- How to stay motivated
- The power of mindfulness and meditation

