

The Resilience Lab



2025 PROGRAMME

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Registered Charity No. 1085351 | Registered Company No. 4150044

The Resilience Lab



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What is The Resilience Lab?

The Resilience Lab is a workshop program for young people (11-25) that integrates theory and practice from a number of different psychological approaches including, ‘7 Learnable Skills of Resilience’, (K. Reivich and A. Shatte, 2002).

Participants learn how to identify their individual strengths, develop psychological literacy and learn proven self-care techniques to help them manage challenges.

Delivered through practical activities, reflective practice and group discussion, the full programme equips participants with a life-enhancing skills toolkit for: Emotion Awareness, Impulse Control, Optimism, Empathy, Self-efficacy and Reaching Out.

Email to book The Resilience Lab
resiliencelab@otrbristol.org.uk

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In Person Workshops

Resilience Lab Full Programme (suitable for small groups aged 11-25)

Suitable for small groups of up to 8 participants and delivered across 5 x sessions, this programme equips participants with a life-enhancing skills toolkit incorporating emotion awareness, impulse control, optimism, empathy, self-efficacy and how to ask for help.

Resilience Lab Boosts (suitable for 8+ attendees aged 11-25)

Based on elements of the full programme, bespoke workshops designed to fit audience needs, can be delivered to whole year groups, classes and assemblies.

Wellbeing Ambassador Training (suits up to 30 attendees aged 11-25)

Embed a caring culture by empowering volunteer peer advocates to champion positive and proactive mental health awareness. Delivered across 5x50min sessions for up to 30 students, attendees leave equipped to befriend and signpost those in need toward help.

Transitions (Suitable for year 6 students only)

This single session workshop supports the giant step out of primary into secondary school. We introduce them to the balancing benefits of mindful action using fun activities centred on building connections, using personal strengths, seeking new skills and giving.

Online Workshops

Resilience Lab Full Programme (Suitable for ages 11-25)

During five weekly fun interactive group workshops, we explore emotions and how to manage them. Participants can join in however they feel comfortable (voice or chat, camera on or off) to build emotional confidence. Places on these regularly scheduled programmes are booked through the OTR Website.

Book Resilience Lab Online for Teens 11-16:

www.otrbristol.org.uk/what-we-do/resilience-lab-for-teens/

Book Resilience Lab online for Young Adults 16-25:

www.otrbristol.org.uk/what-we-do/resilience-lab-for-young-adults/

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Core Workshop Topics

Pressure Proof

Interactive or game based exploration of the pressures young people face; thought sharing exercises, before introducing simple pressure management tools.

Making Friends with Stress

We illustrate how stress affects our body, feelings and behaviour; explore good and bad stress, and practice stress relief techniques.

Thinking Traps

We explore how thoughts affect feelings, to understand how negative thinking can create unwanted thoughts. Then we practise how to change these habits.

SuperMe

What are 'strengths' and why are they useful? We discover our character strengths and learn how to and embrace them, and use them to our advantage.

Reach Out

Resilient people know how to ask for help, but why is that sometimes so difficult? In this session we explore the barriers to asking for help; who we can ask to help us, and identify other places, and people, we can call on for support.

FAQs

How long are In-Person workshops?

50-60 minutes per session is standard but we are adaptable - feel free to talk to us!

How do I book Online Resilience Lab?

Book through the website. Visit the age appropriate page for more information:

Book Resilience Lab Online for Teens 11-16

www.otrbristol.org.uk/what-we-do/resilience-lab-for-teens/

Book Resilience Lab online for Young Adults 16-25

www.otrbristol.org.uk/what-we-do/resilience-lab-for-young-adults/

How much does it cost?

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resilience@otrbristol.org.uk

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In person Resilience Lab

FREE to young people aged 11-25 in South Gloucester. Schools and organisations supporting young people are entitled to 10 hours of Resilience Lab training per year.

Resilience Lab Online workshops

FREE to young people aged 11-25 living in South Gloucester and Bristol.

What group size would you recommend?

We can deliver Resilience Lab workshops to small groups (up to 8 young people), or a whole class (up to 30 young people) depending on cohort needs.

How should I schedule the workshops?

We are a small team so booking multiple sessions that fill a half or full day is preferable. If all sessions can be scheduled in the same room we can maximise all available time.

Staffing support from school

Please ensure that one member of faculty is available during all sessions to manage behaviour, assist during activities and provide a familiar face for students. We find that when the Teacher also shows interest in the content, the young people are more likely to engage fully.

Cancellations

Young people are in desperate need of mental health support so please try and avoid cancelling booking at short notice. Get in touch to reschedule!

Equipment

Please provide access to a data projector to screen presentations and videos.

What young people say...

“It was reassuring and insightful. I loved looking at what my strengths are. Thanks!”

“The session was very informative and gave me lots of ideas to help me cope with challenges. I learned some good strategies that I will use again.”

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“The workshops about thinking traps and reaching out were my favourites, it was good to know I’m not the only one who has negative thoughts and I liked it when we challenged each other. I also really liked the web of worries game as it made me feel more connected!”

“I really enjoyed the stress workshop and the jenga game. It helped change my perspective of what stress is. I now realise that the right amount of stress can be a good thing”

“It was nice to be able to give my feelings words so I can better understand them.”

“It's been very helpful and I have learned a lot on how to talk to people”

