



PENN RESILIENCE PROGRAMME TRAINING

The Penn Resilience Programme (PRP) consists of 18 evidence-based lessons aimed at 10-14 year-olds. Students will learn essential resilience skills and competencies in the specialised lessons taught by teachers with deep knowledge and understanding.

The PRP teaches specific tangible skills that underpin the way your students will cope with setbacks and make the most of opportunities in school and beyond. It was developed by the University of Pennsylvania and has been taught to over 130,000 students in schools across the UK. The curriculum has been extensively evaluated and the evidence suggests it has the capacity to improve a wide range of outcomes for young people including the incidence of depression and anxiety.

By attending and completing an intensive 5-day training programme you will join the growing community of certified PRP Teachers.

See overleaf for further details



The course was brilliant and the best I've been on. It has equipped me for both teaching the students and also to use as a tool for my own personal circumstances.



I am excited about the impact that this is going to have both in my school and in the city.



BOOK NOW!

Course dates:

14th, 15th 16th, 22nd, 23rd November 2016

Please note, all five days must be attended

Cost per course: £1,375 per person

This includes all teaching and student materials, the licence certification as well as lunch and refreshments.

Please contact us about early bird discounts



HOW TO THRIVE
Resilience skills for young people

To find out more or book a place
email info@howtothrive.org
or call 01438 844815

www.howtothrive.org