

from
HOW TO THRIVE,
specialists in practical
resilience training
in schools



BECOME A PENN RESILIENCE PROGRAMME TEACHER

Learn to deliver the Penn Resilience Programme in your school, and help your students to build their resilience, bounce forward from difficulties and seize opportunities with enthusiasm.

What is the Penn Resilience Programme?

It teaches students resilience skills so they can deal with challenges and thrive. It consists of 18 lessons, developed at the University of Pennsylvania, based on research and thoroughly evaluated. Over 130,000 students in the UK have already followed the programme.

What is the training like?

- Intensive five-day course
- Develop your own resilience skills first
- Build a deep understanding of resilience
- Acquire the skills and specialist knowledge to teach PRP lessons in school
- Extensive coaching and feedback
- Highly qualified training team
- Complete PRP teaching and student materials included
- Leave ready to deliver PRP and transform your young people's resilience

BOOK NOW!

2017 COURSE DATES:

June 19, 20, 21 and 29, 30

November 13, 14, 15 and 21, 22

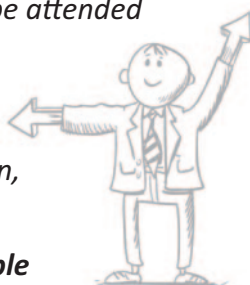
Please note, all five days must be attended

COST PER COURSE:

£1,375 per person

This includes licence certification, lunch and refreshments.

Early bird discounts are available



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.

To find out more or book a place email info@howtothrive.org or call 0330 133 0776

HOW TO THRIVE
Resilience skills for young people

WWW.HOWTOTHRIVE.ORG