STRENGTHS-BASED RESILIENCE

www.strengthsbasedresilience.com PURPOSE & **POSITIVE MEANING STRENGTHS RELATIONSHIPS INTO ACTION CHARACTER FLEXIBLE STRENGTHS STORY OF THINKING RESILIENCE**

PTION ONE: 14 LESSONS

Lesson 01: Stories of Resilience
Lesson 02: Fixed & Growth Mindset
Lesson 03: Open-mindedness: Cognitive Accuracy
Lesson 04: Open-mindedness: Cognitive Flexibility
Lesson 05: Character Strengths
Lesson 06: Signature Strengths
Lesson 07: Problem Solving
Lesson 08: Grudge & Gratitude
Lesson 09: Empathy & Perspective Taking
Lesson 10: Slowness & Savouring
Lesson 11: Positive Relationships
Lesson 12: Positive Communication
Lesson 13: Altruism
Lesson 14: Meaning & Purpose

TION TWO: 12 LESSONS

Lesson 01: Stories of Resilience Lesson 02: Fixed & Growth Mindset Lesson 03: Open-mindedness: Cognitive Accuracy & Flexibility Lesson 04: Character & Signature Strengths
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Lesson 04: Character & Signature Strengths
Lesson 05: Problem Solving
Lesson 06: Grudge & Gratitude
Lesson 07: Empathy & Perspective Taking
Lesson 08: Slowness & Savouring
Lesson 09: Positive Relationships
Lesson 10: Positive Communication
Lesson 11: Altruism
Lesson 12: Meaning & Purpose

NUMBER OF LESSONS

DPTION THREE: 10 LESSONS

Lesson 01: Stories of Resilience
Lesson 02: Fixed & Growth Mindset
Lesson 03: Open-mindedness
Lesson 04: Signature Strengths
Lesson 05: Problem Solving
Lesson 06: Grudge & Gratitude
Lesson 07: Empathy & Perspective Taking
Lesson 08: Slowness & Savouring
Lesson 09: Positive Relationships
Lesson 10: Altruism, Meaning & Purpose

OPTION FOUR: 8 LESSONS

	Lesson UI: Stories of Resilience
10	Lesson 02: Fixed & Growth Mindset
Z	Lesson 03: Open-mindedness:
0	Cognitive Accuracy & Flexibility
LESSONS	Lesson 04: Signature Strengths
₩	Lesson 05: Grudge & Gratitude
00	Lesson 06: Savouring & Empathy
	Lesson 07: Positive Relationships
	Lesson 08: Altruism, Meaning & Purpose