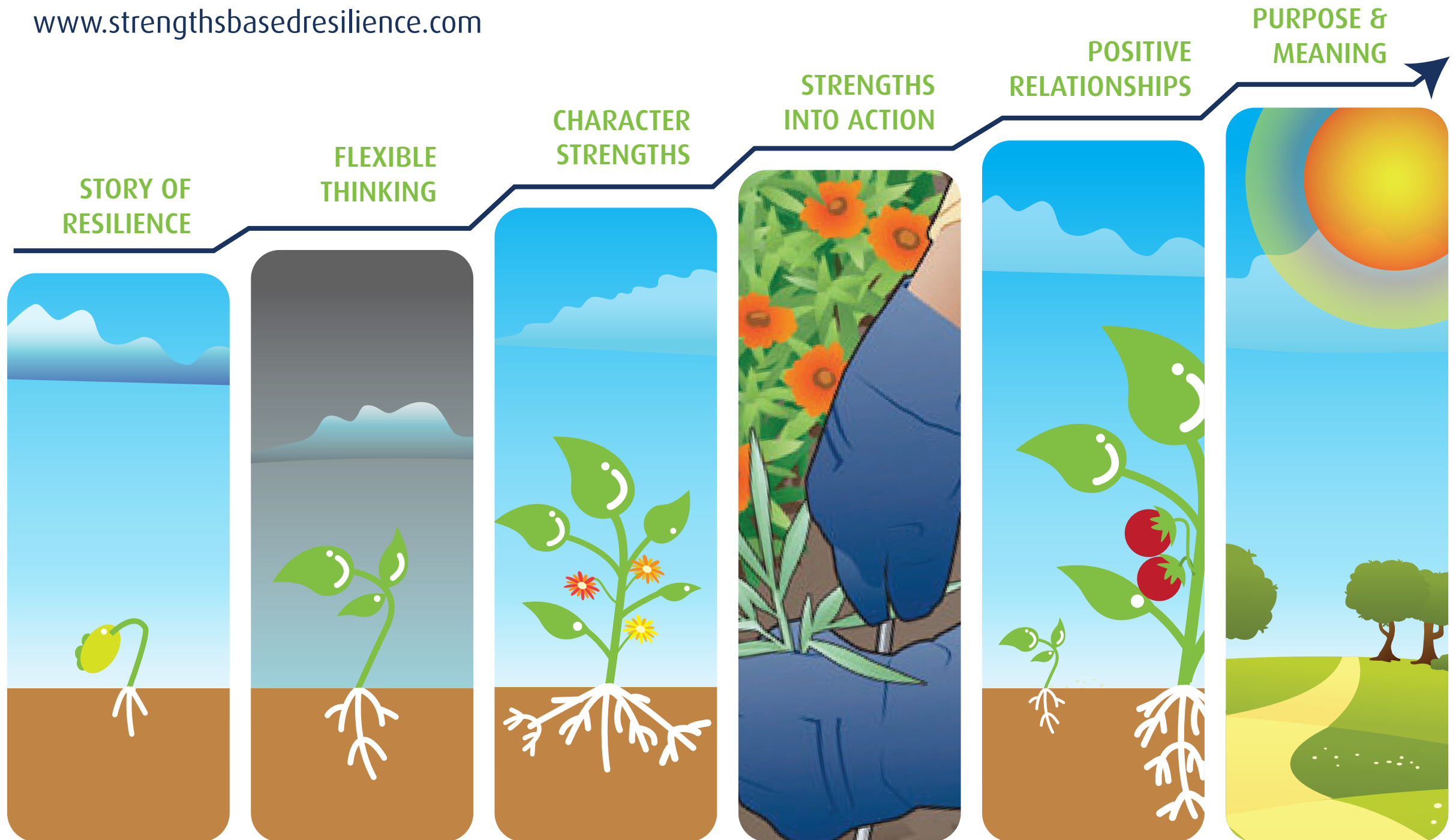


STRENGTHS-BASED RESILIENCE

www.strengthsbasedresilience.com



NUMBER OF LESSONS

OPTION 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

OPTION 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 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
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

OPTION FOUR: 8 LESSONS

Lesson 01: Stories of Resilience
Lesson 02: Fixed & Growth Mindset
Lesson 03: Open-mindedness: Cognitive Accuracy & Flexibility
Lesson 04: Signature Strengths
Lesson 05: Grudge & Gratitude
Lesson 06: Savouring & Empathy
Lesson 07: Positive Relationships
Lesson 08: Altruism, Meaning & Purpose