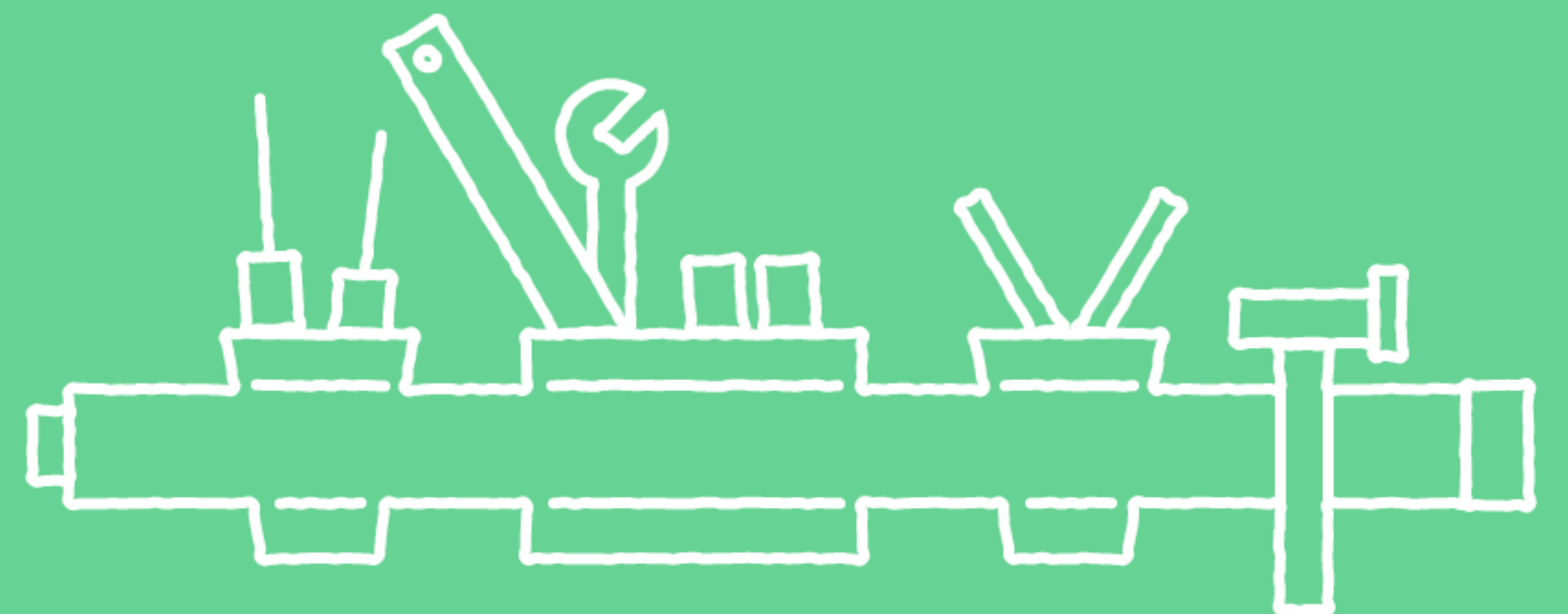


Uptree Employability Skills

An 11 week programme to become more employable.



Resilience & well-being.

Big Question

How can I maintain my personal well-being?

Starter:

On the handout, complete the box:
How do I know when I am stressed?

Resilience & Well-Being

What does it mean to be resilient?

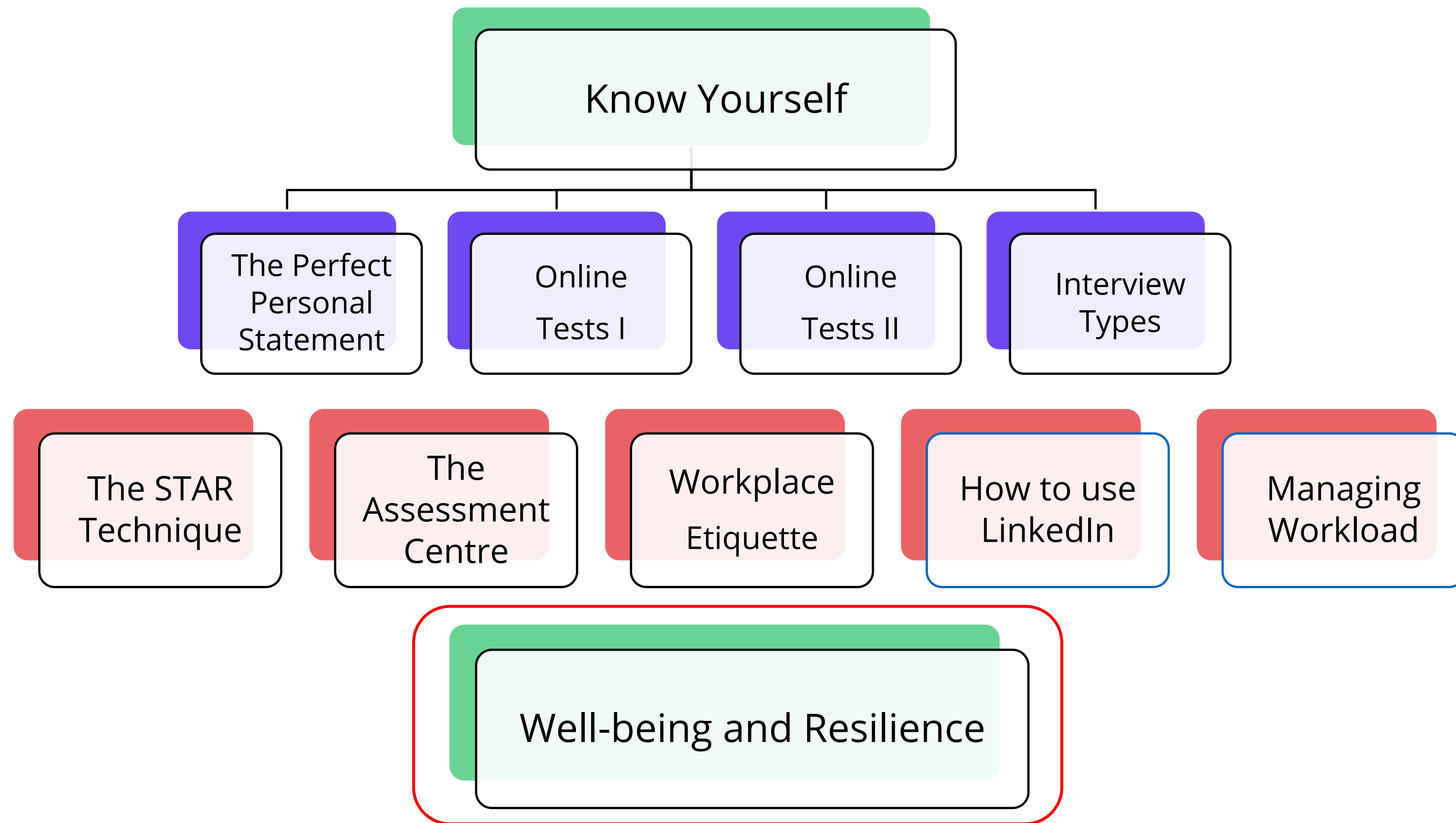
How do I know when I am stressed?

What can I do to support my personal well-being when I am stressed?

What can I do to support my personal well-being on a regular basis?



Overview of the employability skills curriculum.



Aim: To evaluate strategies for maintaining personal well-being.



Building resilience.

Watch this resilience [video](#) as a class →



During the video, complete the box on your handout called,
What does it mean to be resilient to you?

Go to <https://bit.ly/2U3anTj>

On your handout, now answer:

What can I do to support my personal well-being?
List 3-5 things in each box.



Making healthy decisions.

Read this article: <https://bit.ly/2OTPkC0>

In pairs discuss: Why is it important to think about your well-being when choosing what to study or where to work?



<http://www.bandt.com.au/uncategorised/psychologists-eight-tactics-build-resilience-workplace>



Strategies.

Think of 3 strategies you will use after today to maintain your personal well-being.

If you feel comfortable, share with the class or your neighbour.



Can you answer our Big Question?

“How can I maintain my personal well-being?”

Define ‘resilience’. Explain one thing you could do to improve your well-being.

