



Ysbrydoli Sgiliau
Inspiring Skills

SKILLS FOR SUCCESS

RESILIENCE AND BOUNCEBACK MINDSET



Purpose

The Skills for Success workshop is to inspire and build motivation, resilience and confidence in young people participating in Skills Competitions locally, nationally and internationally.

The session will draw out tools and resources that will support learners to unlock their full potential. This will include offering appropriate solutions for working under pressure and problem solving.

Objectives

- ✓ Identify importance of resilience
- ✓ Reframe fixed mindset with growth mindset perspectives
- ✓ Identify techniques for building resilience and determination



Duration

1 hour workshop



Deliverers

Delivered by trained practitioners from across the education and training sector offering learners the opportunity to engage with individuals who already support, mentor and guide them through their studies.

Themes



Building Confidence, Self-Esteem, Resilience and Adaptability



Shifting mindset from fixed to growth - 'the power of yet'



Overcoming self-doubt-Reframing negative thoughts concept of a Bounce-back mindset and its importance in developing resilience



Learning from setbacks and failures 'Adaptability' Bounce-back mindset