

THRIVING RATHER THAN SURVIVING

ENHANCING RESILIENCE THROUGH
REFLECTIVE PRACTICE

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AIMS

By the end of this workshop you will have:

- explored definitions of, and approaches to, resilience;
- considered your own ways of maintaining personal resilience;
- discussed definitions of, and approaches to, strengths based practices;
- increased your understanding of reflective practice to support resilience;
- increased your understanding of how to use strengths-based approaches in reflective practice.

SMALL GROUP INTRODUCTIONS

What's your name?

Who's your mob?

Where's your country?

Where are you from now?

What 's one thing that you
are deadly at?

WHAT IS RESILIENCE?

“ ability to bounce back.

“ ability to become strong, healthy, or successful again after something bad happens.

“ ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc.

“ working through the emotions and effects of stress and painful events.

“ capacity to recover quickly from difficulties.

Individual reflection

- What is resilience to you?
- How do maintain personal resilience?

Small group discussion

Each person shares their responses to the questions about resilience.

Record responses on flip chart paper.

Small group report back

Opportunity for groups to share with the whole group their responses on flip chart paper.

WHAT ARE STRENGTHS BASED APPROACHES?

Approaches that start by focusing on strengths, abilities and what works for people, groups, organisations or communities.

PRINCIPLES

- People have many strengths and the capacity to learn, grow and change.
- Focus on the strengths and aspirations of ourselves and others.
- Communities and social environments are full of resources.
- Collaboration is the key to working together.
- Actions are based on self-determination.
- Commitment to empowerment.
- Challenges happen everyday and are opportunities to use strengths based approaches.

CORE QUESTIONS

“What do I/we do well?”

“What works?”

“What strengths does each of us bring?”

“What are our resources?”

Individual reflection

- How do you, or might you, use strengths based approaches
 - with yourself?
 - with others?

Small group discussion

How do you, or might you, use strengths based approaches

- with yourself?
- with others?

WHAT IS REFLECTIVE PRACTICE?

“ a way of looking at our own experiences to improve any aspect of our lives so that we can be more of who we want to be.

**WHAT IS
REFLECTIVE
PRACTICE?**

**A Reflective
Practice
Model**

Small group discussion

Discuss an event from the real life experience of one of your group members and answer the questions in the model starting from a description of the experience.

Small group report back

Opportunity for groups
to share with the whole
group their responses

ANOTHER MODEL

Planning Using
Strengths Based
Approaches and
Reflective Practice

Small group report back

Opportunity for groups
to share with the whole
group their responses

Working in pairs

Discuss an upcoming event from the real life experience of one of the group members and answer the questions in the model

Individual reflection

Make a list of your top 10 strengths that others see in you.

CONCLUSION

Thank you for being here,
listening, sharing and
contributing to this
experience.