**Adult Resilience Certified Facilitator Training Day**

The Adult Resilience certified training is offered over two mornings a week from 10am-1pm through Zoom. The Zoom link will be forwarded to your email address prior to the training. A good internet connection is recommended as this will ensure the flow of the training for all involved.

The training provides a clear understanding of the programme concept and activities that are undertaken in the sessions will be experienced. This programme can only be delivered with two trained facilitators. The programme caters for age group 16 +.

What you will receive from the training:

* Provision of a one-day training programme by Carlow Regional Youth Service Trainers.
* An E copy of the Facilitators Handbook & Participant Handbook.
* Programme Plans
* Toolkit
* Pre and post evaluations.
* Certification of Training
* Access to the online FRIENDS portal.

During the days, training you will experience the running of the programme that will allow you to replicate this within your service. On certification of facilitators training the potential is available for the programme to offer a dual purpose i.e. the delivery of the training to all staff that they are familiar with the content and the language the young people will be learning. In addition, the programme content is effective in promoting well-being and resilience within a staff team.

Results from the pre and post evaluation must be submitted on survey monkey. This link will be emailed to you. It will be a simplified link where questions such as group numbers, gender breakdown, pre and post scoring will be submitted. No personal details from participants will be required. This information will be collated and returned to the funding organisation of the training.

**Certified Facilitator in the Adult Resilience Programme Training Content**

**Why the FRIENDS programme?** FRIENDS is the world’s leading programme for fighting childhood anxiety and building resilience to help individuals manage worry and depression both now and in later life.The FRIENDS Programme, an Australian based programme developed by Paula Barrett is the only programme recognised by the WHO in the treatment of anxiety. It is also evidenced based which proves its effectiveness.

The Adult Resilience programme is known as “Strong not Tough”. The certified facilitator training will provide a clear understanding of the programme content and concept. This will be undertaken through experiential learning on the day of training. The programme is divided into five stages with the following aspects covered.

**Stage 1- Learn to be Mindful & Feeling Relaxed-**This stagewill create an awareness for participants to be capable of identifying and be mindful of feelings in themselves and others through exploration of body signals and body language, providing an array of techniques that can be used to calm ourselves during stressful periods.

**Stage 2-Inner Helpful Thoughts-** This stagewill provide skills to participants that will allow them to replace unhelpful negative thoughts with helpful positive thoughts. The Though –Feeling –Behaviour Pathway will also be explored and the implications it has on their lives. Exercises undertaken in this session will include the power of Self Talk, Cognitive Behaviour Therapy Approach.

**Stage 3- Feeling like a resilient person-**This stage will help participants become more resilient and develop further life skills to turn challenges and adversities into opportunities for personal growth and learning. Areas covered here will be support networks, Coping Step Plan and problem solving.

**Stage four -Enjoy a Healthy Lifestyle-** This stagehelps participants to develop specific strategies and plans to implement healthy living practices in their lives.

**Stage 5- Be prepared for Challenges**-The aim of this stage is to review the strategies you the participants have covered in the programme and take an opportunity to implement the learning gained.

*Individuals will receive guidance in the administration of the pre and post evaluation forms that will demonstrate the learning gains for participants through their participation in the programme. Ongoing support will be available in all aspects of the programme following the training by the licences holder of Carlow Regional Youth Service.*

***Anxiety disorders are the most frequent mental disorder in children and adolescence, and thus seems to be the earliest of all forms of psychopathology (Beesdo, Knappe & Pine 2009). There is strong evidence to suggest that Anxiety is linked with other mental health disorders such as depression. Research has found that adults suffering with mental, emotional or behavioural disorders have reported experiencing childhood and adolescent anxiety. Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour. Cognitive behavioural therapy (CBT) approach used in the delivery of this programme is a psychosocial intervention that is the most widely used evidence based practice for treating mental disorders. The Friends programmes helps participants to develop resilience by teaching them effective strategies to cope with, problem solve and manage all kinds of emotional distress, including worry, stress, change and anxiety.***