

Video Nine

BOUNCE

The aim of this session is to introduce the theme of resilience. Students will be encouraged to explore how this significant feature of emotional intelligence can serve as a unique asset to their personal and academic development.

Coaching Questions & Conversations (start the week discussing these):

(Referring to the supporting handbook and the section on 'The 3 R's' would be beneficial before going through these questions.)

- Name an area of your learning where you need to bounce back from?
- Who can help you bounce back?
- What is a key aspect of your learning which requires for you to take heightened responsibility?
- Who can you reach out to for support at this point?
- Is there another way that you can approach an existing challenge? (Re-frame)
- What is one thing you can do today in order to bounce back?



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The 3 R's of Resilience

What is a key area that you need to take **responsibility** for in your learning?

List three people or resources who you can **reach out** to for support.

What is a key aspect of your learning which you need to approach in a new way? In other words, what do you need to **reframe**?



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Weekly Activities

Midweek reflection task:

Choose an example of someone who you know to have bounced back from a big challenge (they can be famous, or someone you know). What can you learn from this? Share your thoughts and reflections below.

End of week reflection task:

Name a time during which you have bounced back from a previous disappointment or setback. How can you use these skills in the future?

Why not let us know how you got on this week? Drop us a line at info@innerscope.co.uk

