

Resilience and Positive Emotional Wellbeing



Value of the programme:

This programme empowers students to look at the importance of emotional wellbeing and have a healthy attitude to life to have the confidence to do what they want to do. It looks at how emotional wellbeing can impact on physical, social and mental health to help individuals to promote a positive attitude to change so that they can make the most of the opportunities presented to them.

Programme Summary

Programmes are tailored to suit the needs of the school and the young people in the group. They cover the following topics:

- The importance of emotional wellbeing and how it contributes to people's health
- How to develop resilience and how it can be used to manage difficulties
- The factors that can have a positive and negative effect on emotional wellbeing
- How to manage own emotional wellbeing.

YC Hertfordshire will work with you to:

- Identify specific areas of concern within your school
- Develop a package which is both informative and exciting for young people

Impact



Who is benefitting?

Students in years 7–13



Coverage:
Hertfordshire



Who should purchase this service?

Pastoral Care Leads and HOYS

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