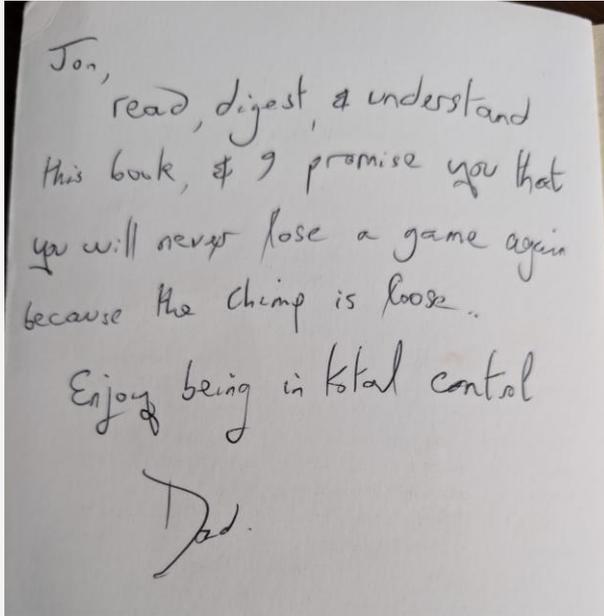


Resilient Futures: Practical Strategies to Support Practitioners and their Learners



Taking back control of my chimp - my first experience of resilience

2012 - 16 years old



2013 - 17 years old



My journey so far...

- Certified Young Person's Life Coach
- PGCE PCET - Qualified Post-16 Educator
- 10+ years supporting learners in Post-16 & Secondary
- Mental Health First Aider
- Former Active Wellbeing Lead, Bridgend College (2.5 years developing Active Wellbeing Curriculum and College-wide Active Wellbeing Strategy)

Strategaeth Coleg Penybont
Bridgend College Strategy



Bridgend College Active Wellbeing Strategy 2022 - 2025

1. Background

At Bridgend College we recognise our responsibility to support the Welsh Government's priority to become a healthy and active nation. We are aiming to do this through educating and supporting our staff and students to understand the benefits in leading an active lifestyle on their overall wellbeing.



Resilient Futures Coach

Preparing people for the workplace and the workplace for people



Mindset & Resilience Coaching

Certified Life Coach

Building the internal confidence and grit young adults need to navigate education and the jump into employment.



Workplace Wellbeing & DSE Assessments

Certified DSE Assessor

Professional workstation assessments and "Human Factors" coaching to ensure physical comfort supports long-term mental focus in the office and for home workers



Workshops

Partnering with teams to create environments where new talent feels supported and physically set up for success.



What is resilience?

Helping individuals cope with challenges and stress, enabling them to adapt to change and overcome setbacks.

- More than “bouncing back” → “bouncing forward”
- Not just a single skill, it is a personal toolkit that has to be developed
- Resilience is personal - what strengthens one person may stretch another
- Built through small consistent actions

Why this matters in WBL

Assessors, Practitioners:

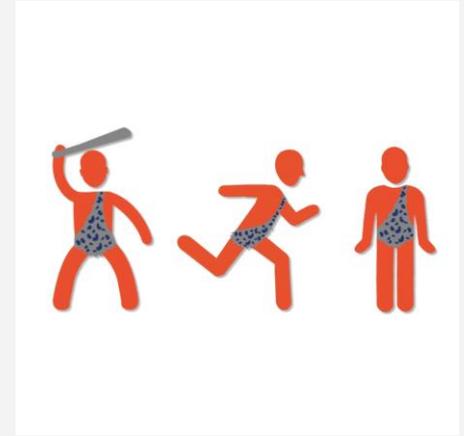
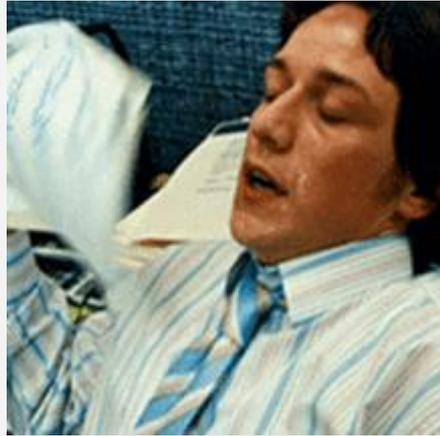
- Learner support,
- Compliance,
- Quality
- Assessment
- Planning
- Adapting to new technologies
- ...
- ...
- Own wellbeing

Learners:

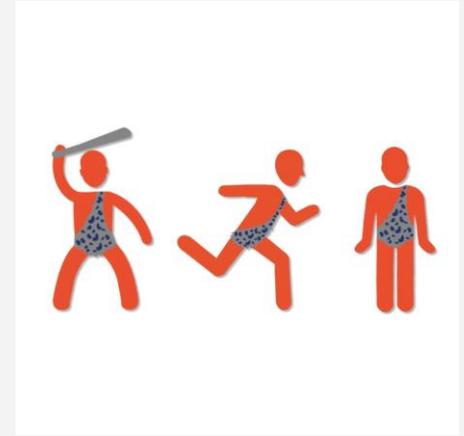
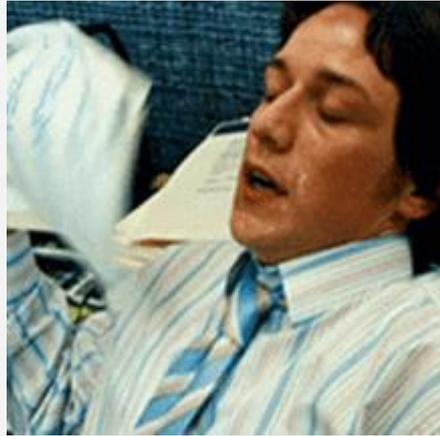
- Workplace pressures,
- Assessments,
- Shift patterns,
- Adult responsibilities
- Performance reviews
- Digital fatigue

Helping learners manage stress, be adaptable and thrive within the workplace, building their confidence...and enabling yourself to thrive as well.

Taking back control!



Taking back control!



**“Motivation isn’t magic - it’s chemistry.
Dopamine is the brain’s reward signal. Every
small win - every box ticked - gives a dopamine
hit.”**

Dopamine Nation



Strategy 1 – Managing our dopamine

- Dopamine drives motivation, cognitive functions (focus & decision making), and reward.
- Helps us to regulate emotions - giving us opportunity to label, accept, manage, take action
- Reinforces behaviours that are beneficial or pleasurable
- The brain seeks immediate gratification before long-term reward

Strategy 1 – Managing our dopamine

Balanced Diet

Regular Exercise

Stress Management

Restorative Sleep

Strategy 1 – Tools

Effective Time Management

Pomodoro Time Blocking

4x 25 mins + 5 mins
then 30 mins break

Working with your brain's natural cycles of energy and focus.

Planning and Progress

Gratification and wins of the day

End each day by identifying 2–3 small wins to create positive dopamine reinforcement.

Regularity and Consistency

Micro-goals and routine

Break larger goals into small, achievable actions that fit into a consistent daily or weekly structure.

“5 minutes today can saves hours tomorrow”

**“Adaptability is not imitation. It means power
of resistance and assimilation”**

Mahatma Gandhi

Strategy 2 – Emotions and adaptability



Strategy 2 – Emotions and adaptability

- Emotions drive behaviour, attention, and decision-making.
- The “fizzy bottle” effect.
- Adaptability & emotional awareness reduces reactivity, manage emotions, and strengthens relationships.
- We can't control the shaking — but we can control how we open the lid. Our calmness helps learners learn theirs.



Strategy 2 – Tools

Emotional Check-Ins

Quick moments at the start of a session to gauge emotions and readiness.

Pause & Reframe

Creating space before reacting - for both practitioner and learner.

Reset Strategies

Short, practical techniques to calm the nervous system and regain focus.

How can you start the day better for you and for your learners?

A dream written down with a date becomes a **GOAL**

A goal broken down into steps becomes a **PLAN**

A plan backed by **ACTION** makes your dreams come
true

Strategy 3 – Creating a high-performance environment through setting goals

- High performance is built on psychological safety, purpose, and progress.
- Goals give learners and practitioners direction, structure, and a sense of achievement.
- Linking goals to growth and reason builds long-term engagement.
- G.R.E.A.T. at Goals model develops accountability, adaptability, and sustained performance

Strategy 3 – Goal setting (G.R.E.A.T framework)

Journal Prompt:

Write one personal goal for the next month that feels truly meaningful to you.

How will this goal help to develop yours or your learners resilience?

Strategy 3 - G.R.E.A.T at goals

G rowth	Identify areas to develop — skills, mindset, or habits.
R eason	Define your why!
E liminate Excuses	Fail to prepare, prepare to fail
A ction Plan	What, when, who, where, and how
T imeline	Set review points and celebrate progress

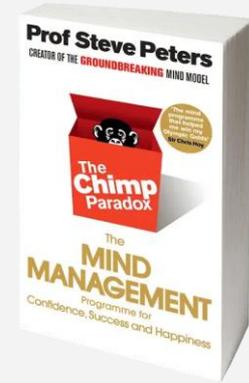
Strategy 3 – Goal setting (G.R.E.A.T framework)

Use the G.R.E.A.T framework for your goal

G rowth	Identify areas to develop — skills, mindset, or habits.
R eason	Define your why!
E liminate Excuses	Fail to prepare, prepare to fail
A ction Plan	What, when, who, where, and how
T imeline	Set review points and celebrate progress

Must read books

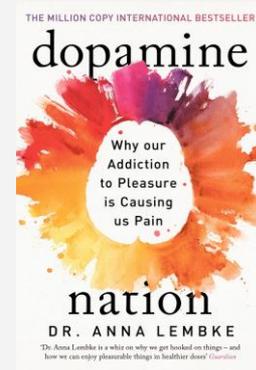
The Chimp Paradox - Dr Steve Peters



The DOSE Effect - TJ Power



Dopamine Nation - Dr Anna Lembke



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For your learners or for your colleagues in the workplace

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Conference will receive
20% first booking -
“NTFW”**

Thank you!

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