

Role  Models



PRESTFELDE



Building a Resilient Family





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About Us



Role Models

is an impact driven British education provider. We focus on life skills that promote social & emotional wellbeing and dynamic thinking, helping young people to thrive in life; both at home and in their future workplace

What we do

We complement traditional academic education by delivering online & offline courses for 3-15 year olds that develop young peoples' skills in leadership, confidence, resilience, creative problem solving, collaboration and growth mindset.

Why Are Life Skills Important?

1. Improve mental health & wellbeing
2. Increase academic attainment
3. Enhance future job prospects



Top 10 Skills

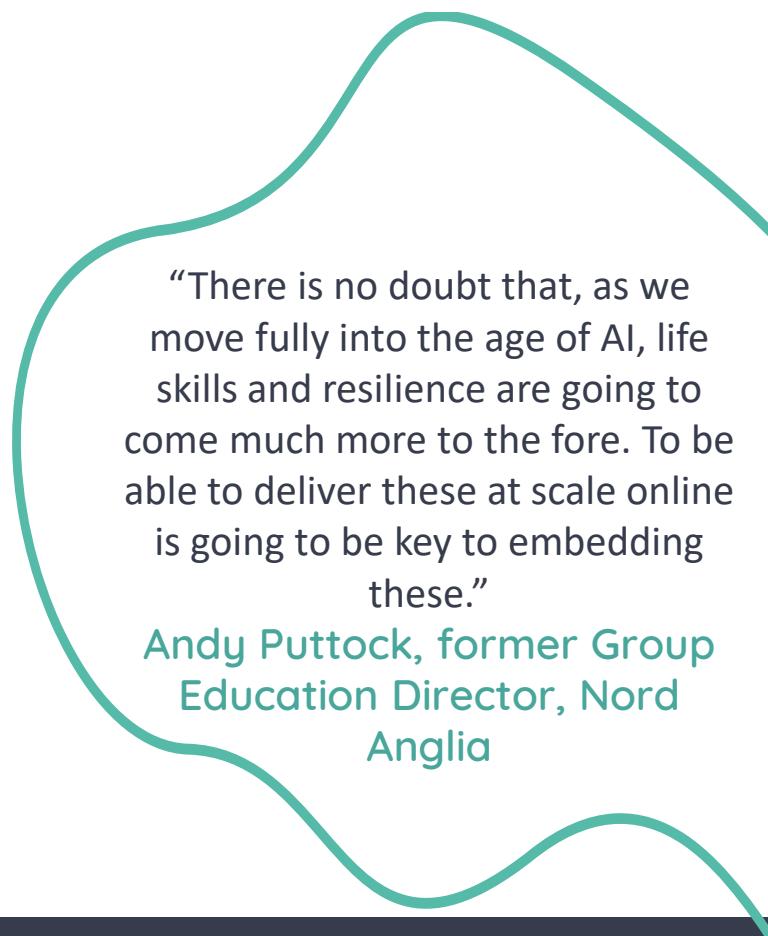
Academic success is not enough to build tomorrow's leaders

The 10 skills needed to thrive in the Fourth Industrial Revolution



1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgement and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility

Source: Future of Jobs Report, World Economic Forum



"There is no doubt that, as we move fully into the age of AI, life skills and resilience are going to come much more to the fore. To be able to deliver these at scale online is going to be key to embedding these."

Andy Puttock, former Group Education Director, Nord Anglia

Our Core Life Skills



Resilience



Leadership



Creative Problem
Solving



Collaboration



By the end of the webinar...

- ✓ What we mean by ‘resilience’
- ✓ 3 main ways to develop it
- ✓ Tools & strategies for doing this
- ✓ Further reading for you and them
- ✓ Information on courses

What is Resilience?

- How would you define it?
- Getting comfortable with discomfort
- Coping strategies & perspective
- Distress tolerance
- Self efficacy
- It's not....
 - a fixed trait
 - pushing away difficult emotions

Where/when/how do you notice a lack of resilience impacting your child or family?

Video on Growth Mindset

hand-drawn by MinuteVideos.com

Phrases/Responses

‘It’s too hard’	You’re stretching your brain and helping it get stronger
‘I’m scared’	Doing new things can feel scary, remember when... ?
‘I quit’	Show me the hard bit
‘I’m stupid for finding this difficult’	You haven’t mastered it YET, what might help..?
‘I don’t need feedback’	Feedback can help you get better and getting better is more important than being good
meltdown of any form	I think two things are true here...

How does what we do impact?

- How we respond and interact with our child *influences* their emotions, behaviours and developing personality
- Our own levels of resilience are being emulated
- Biologically programmed to protect/rescue-hover/snow plough

3 things resilient people do

1. They know that difficult things happen
2. They choose where to give their attention
3. They question their thinking and doing

Lucy Hone

1. Knowing that difficult things happen

- That is life
- Why me? Victim mentality
- Not entitled or expecting perfection

How can we cultivate this?

- ✓ Don't hide difficult things/emotions
- ✓ Allow them to experience hard times
- ✓ Build their capacity and self belief that they can cope with difficulty

Situation	My instinct/habit	More helpful if...
My 3 yr old struggles with putting his shoes on	I take them from him and say 'let mummy do it for you'	
My 6 year old has fallen out with her friend	Mediate/ call the other parent and fix the situation immediately	
My 11 year old isn't in a group with her friends	Talk to her teacher and ask to swap groups	
My 15 year old		

2. Choosing where to give your attention

- Hard wired to find the negative/threat
- Practice how to tune into the good
- Dialled up stress response

How can we cultivate this?

- ✓ Hunt the good stuff
- ✓ Gratitude (The HappySelf Journal)
- ✓ Purposefully analyse what we can/can't control

IN MY CONTROL

- Whether I smile
- How rested and prepared I am
- How much practice I have done
- How smart I look

NOT IN MY CONTROL

- What questions I am asked
- Who interviews me
- How well everyone else does
- What is in the exam paper

	Negative	What else are you missing?
Going on a play date	I won't like the food I might get shy I'll miss you	?

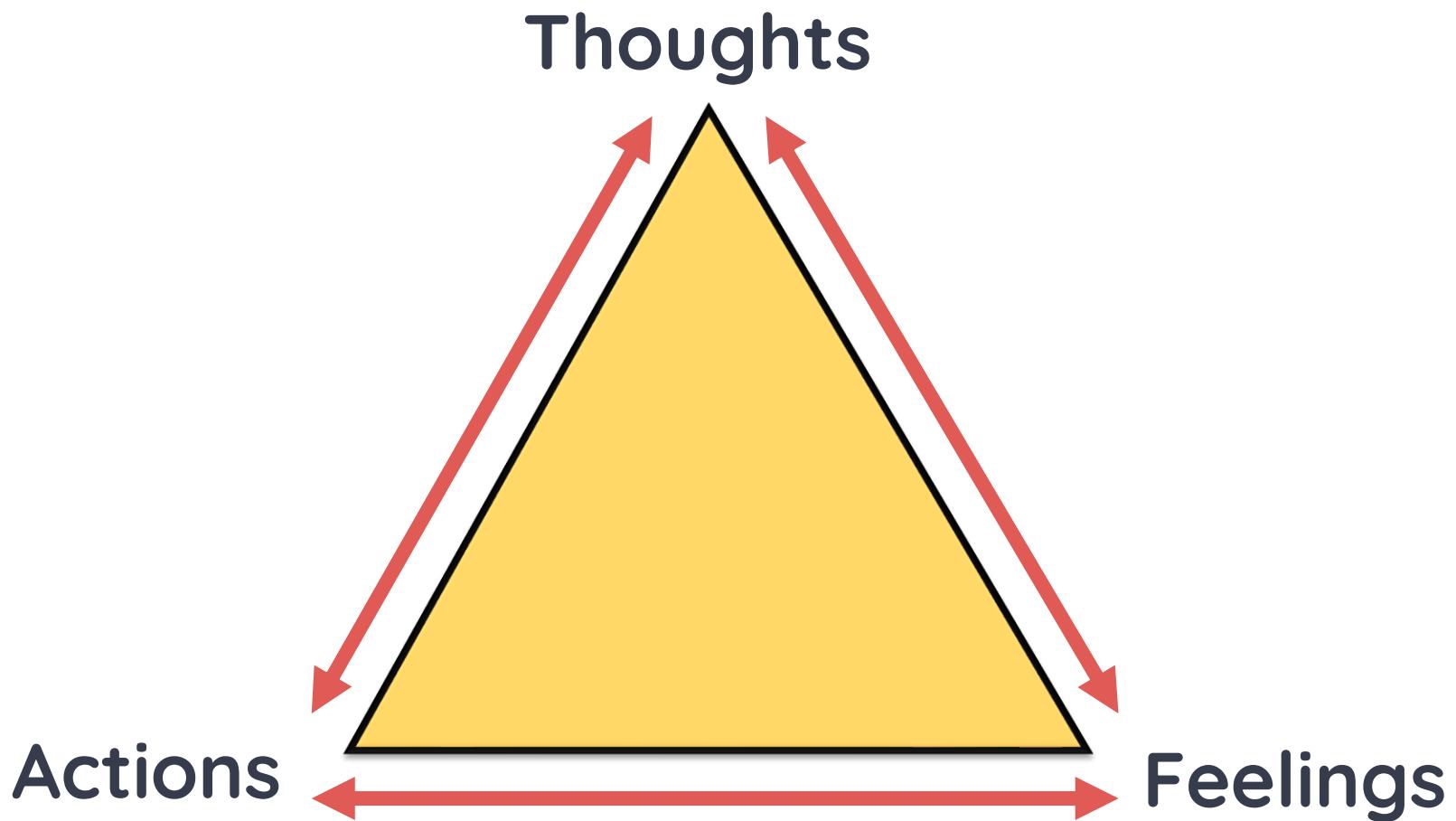
- What's possible vs what's probable
- And if that did happen, could you cope?
- Worry list or box- you choose when to do your worrying

3. Questioning your thinking & doing

- Is this helping me or harming me?
- We don't have to believe everything we think
- Taking back control & developing self agency

How can we cultivate this?

- ✓ Thinking traps & unhelpful thoughts
- ✓ Inner critic/worry monster
- ✓ Ask the question



Thinking traps

- Fortune telling
- Mind reading
- Labelling
- Generalising
- Catastrophising

I'm not
sporty/confi-
dent/success-
ful

I never win
anything! I
always get
picked last

I'm missing the
party, everyone
will talk about
me, no-one will
want to be my
friend after, I'll
be all alone

I know
I'm
going to
fail

My friends
all think
I'm boring

Practical ideas

- Praise the process not the outcome
- Progress not perfection
- Neuroplasticity
- Show me the hard part
- A sense of humour
- New skill/activity
- ABC (Accept, Breathe, Choose)
- Look for the back story
- Mistakes (family culture)

For them & for us

- I will let go of...
 - I am grateful for...
 - I will focus on...
-
- Identify the bumps in the road
 - How can we prepare for those?
 - Positive communication between family members (define *yourself* using ‘I’ statements)

Role Models Courses

PRESTFELDE 10% off online and in-person courses

<https://www.rolemodels.me/in-person/courses/CV00172>

<https://www.rolemodels.me/in-person/courses/CV00173>

<https://www.rolemodels.me/in-person/courses/CV00174>

Masterclass

60 minute online sessions

Brilliant Me 60 Minute Online Session Themes | Ages 5-7

Brilliant Me & My Confidence



10 sessions that help children discover their most confident self

- 01 Ways to Show My Confidence
- 02 What do I Like About Being Me?
- 03 I'm Awesome and I'm Proud of Myself
- 04 Making Friends
- 05 Finding My Big, Loud Voice
- 06 Celebrating What Makes Me Special
- 07 Sometimes Winning is Having the Courage to Start
- 08 Will I Be OK?
- 09 Daring to be Different
- 10 Fear, Bravery & Courage

Brilliant Me & My Mind



10 sessions that help children think positively and let go of perfectionism

- 01 Developing a 'Can Do' Attitude
- 02 The Power of YET
- 03 When Things Don't Go to Plan
- 04 Catching Negative Thoughts
- 05 It's Ok to Make Mistakes
- 06 Being Kind to Your Mind
- 07 What if I Can't do it?
- 08 Embracing New Challenges
- 09 Seeing Mistakes as Opportunities
- 10 Getting Back Up After Failure

Brilliant Me & My Feelings



10 sessions that help children name their feelings and manage big emotions

- 01 Name that Feeling
- 02 Feeling Angry
- 03 How to Shrink My Worries
- 04 Kindness
- 05 My Worry Box
- 06 Getting Caught up in a BIG Feeling
- 07 Uncomfortable Feelings
- 08 Is it all About Winning?
- 09 Listening
- 10 Feeling Jealous

Brilliant Me & My Ideas



10 sessions that help children believe in their ideas and capability

- 01 Using My Imagination
- 02 Thinking Creatively
- 03 Growing an Idea
- 04 My Pirate Map Adventure
- 05 All the Ways I'm Smart
- 06 Every Story Starts with Nothing
- 07 Can You Solve a Problem?
- 08 Thinking Outside the Box
- 09 How Do You Find an Idea
- 10 Creative Play



Masterclass

60 minute online sessions

Core Life Skills 60 Minute Online Sessions | Ages 8-11 and 12-15

Collaboration



10 sessions that help build confidence and communicate effectively with others

- 01 Teamwork; Why & When is it Important?
- 02 Communication Skills
- 03 Negotiation and Conflict Resolution
- 04 Public Speaking & Presenting
- 05 Interview Skills
- 06 What Makes a Good Team?
- 07 Communication & Collaborating Online
- 08 Teamwork in Action
- 09 How to Disagree and Say No*
- 10 Debating as a Team

Resilience



10 sessions that help develop a positive mindset, learn how to handle mistakes and thrive

- 01 Growth Mindset vs Fixed Mindset
- 02 Making Mistakes
- 03 Neuroplasticity
- 04 Comfort Zone
- 05 Mindset & The Power of YET
- 06 Dealing with Unhelpful Thoughts
- 07 Mindfulness & Gratitude
- 08 Worries & Anxiety
- 09 Emotional Resilience
- 10 Keeping Your Mind Healthy

Leadership



10 sessions exploring 'everyday leadership', helping children reflect on their strengths and how to impact others

- 01 Growth Mindset in Leadership
- 02 Am I Really a Leader?
- 03 Using My Strengths
- 04 The Importance of Listening
- 05 Empathy
- 06 How Do I Make a Difference?
- 07 Leadership Language
- 08 Humility and Likeability as a Leader
- 09 What's My Leadership Style?
- 10 Leadership Skills in Action

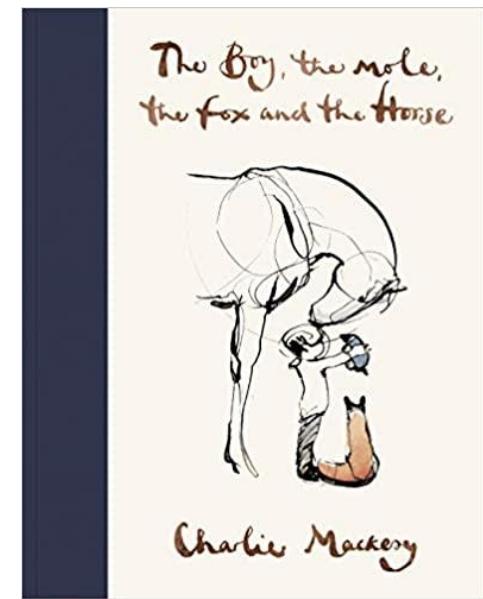
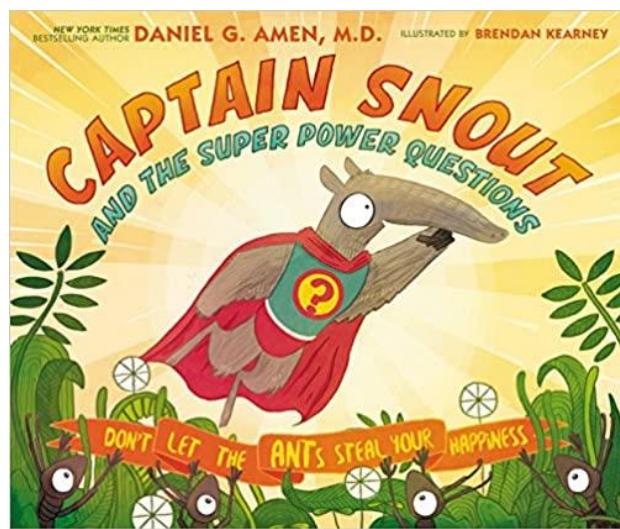
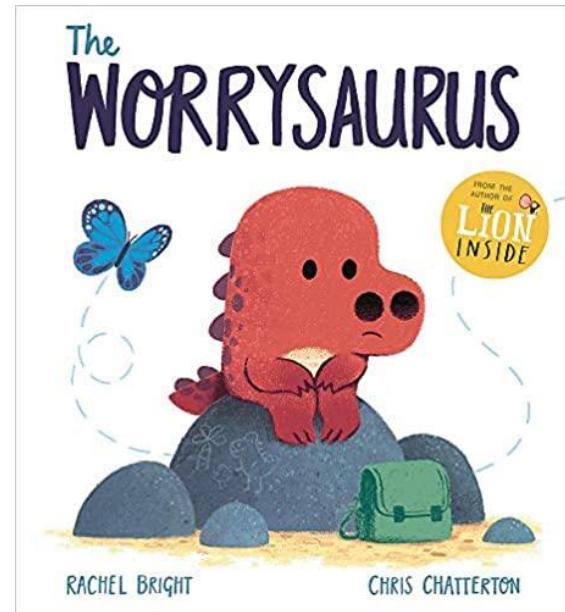
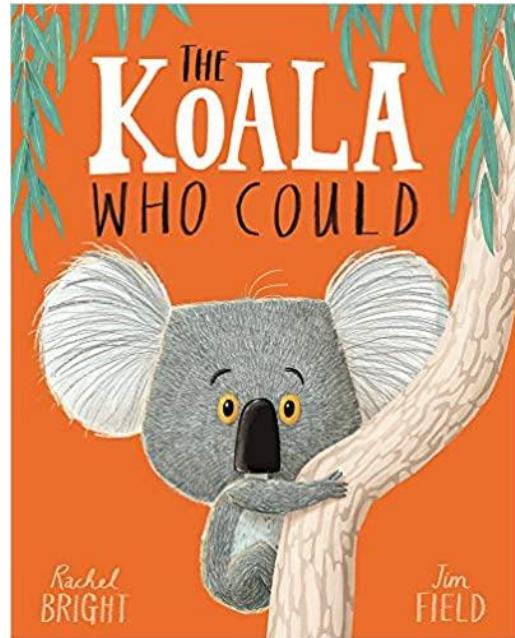
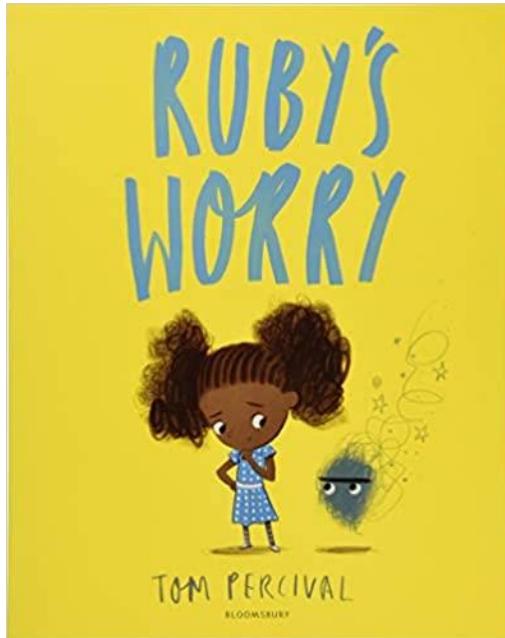
Creative Problem Solving

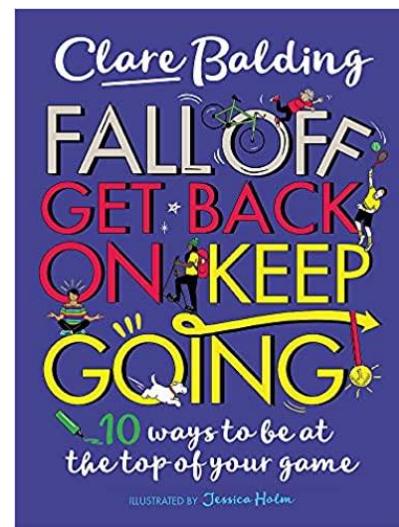
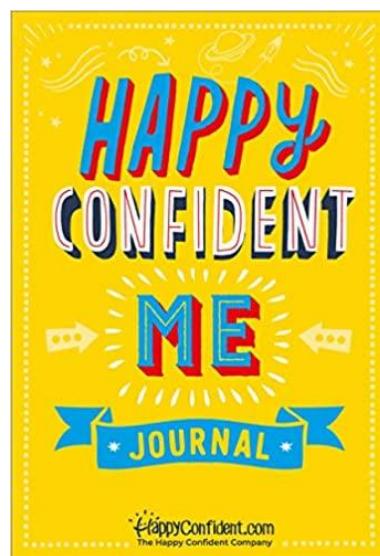
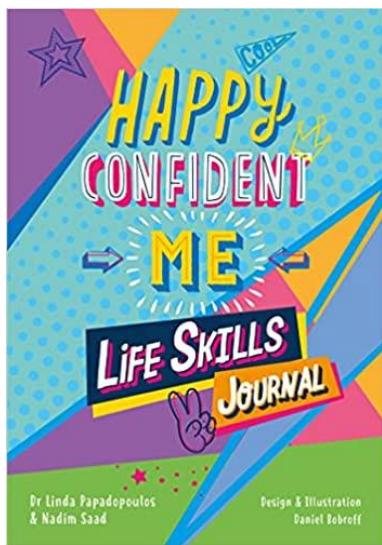
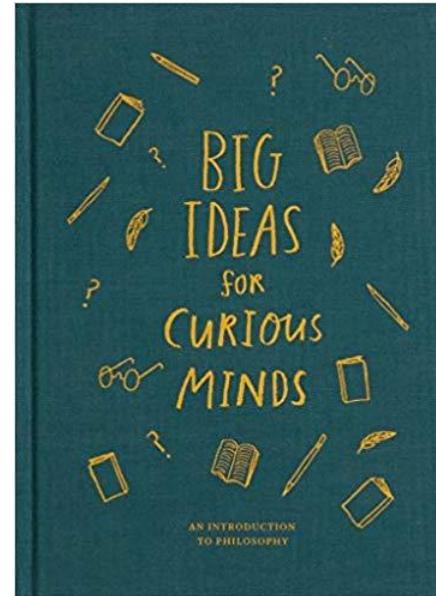
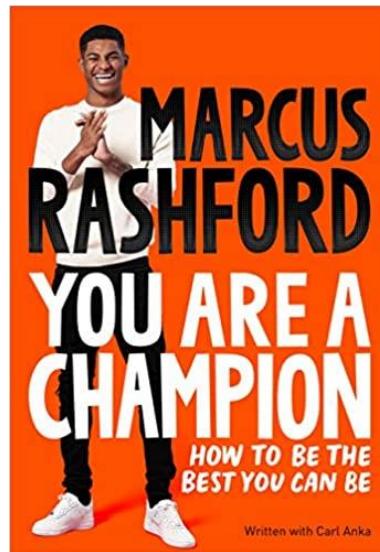
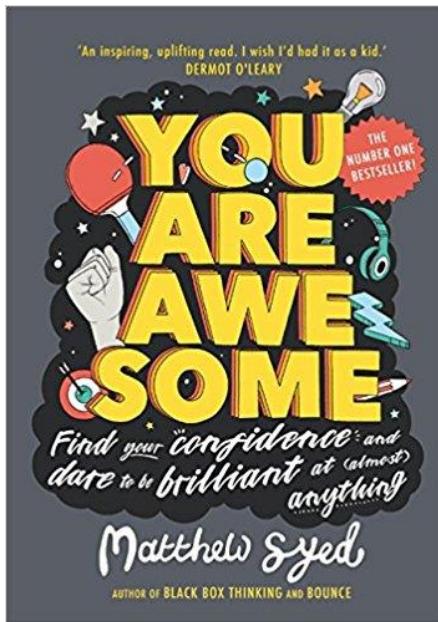


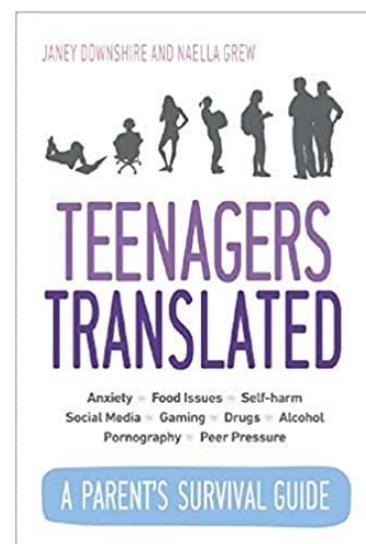
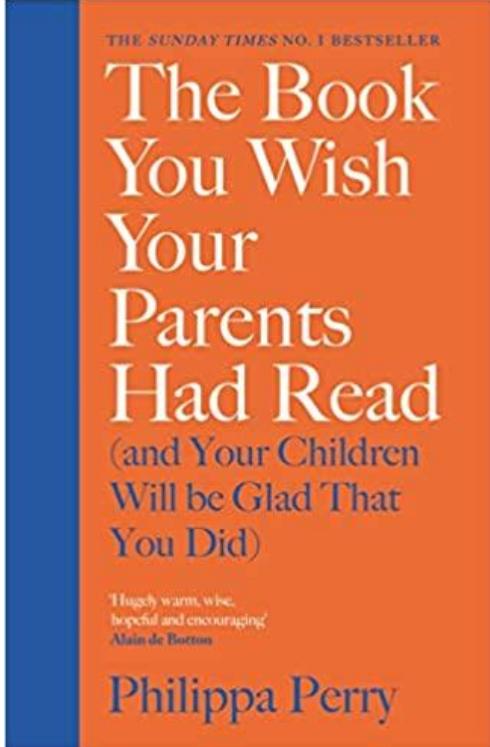
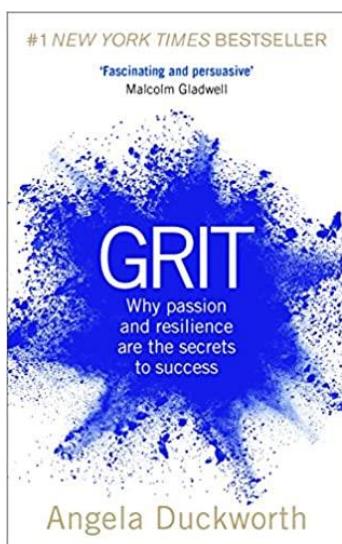
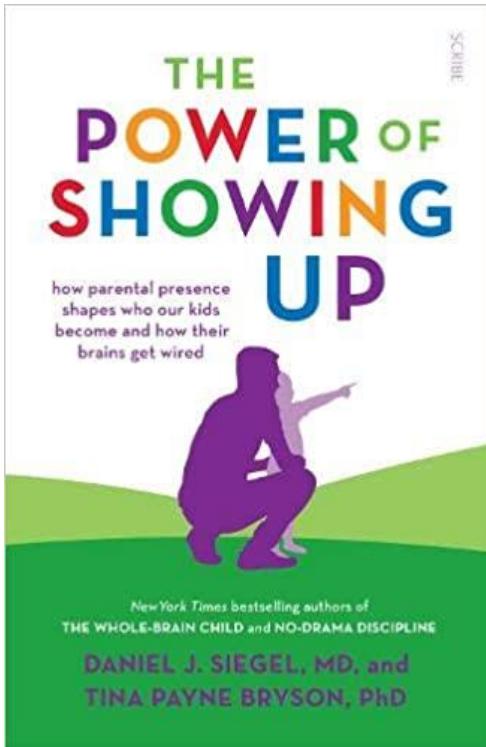
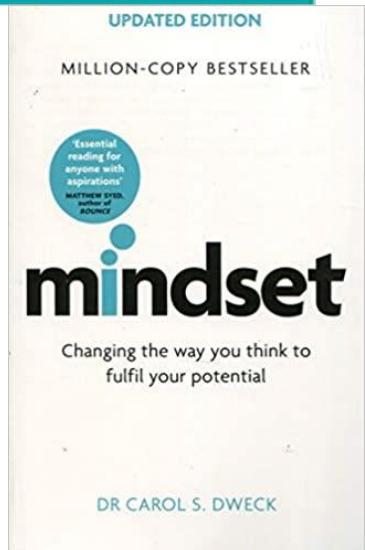
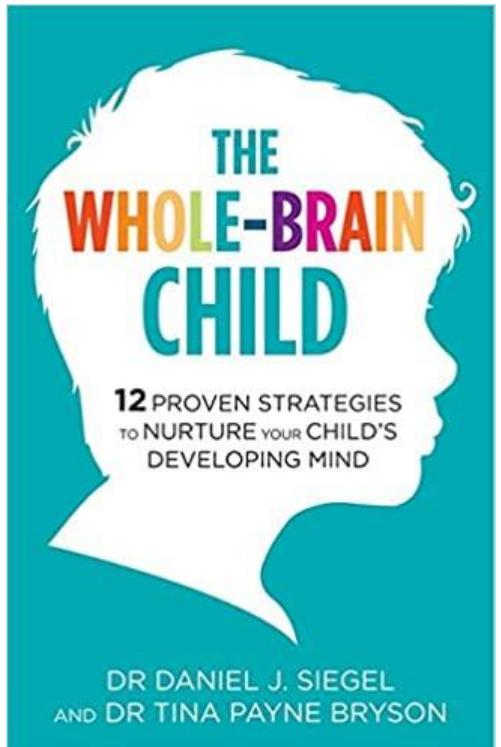
10 sessions that help develop independent thinking and innovation skills

- 01 What is Creativity?
- 02 Steps to Solve a Problem
- 03 Generating Ideas
- 04 Critical Thinking
- 05 Innovation
- 06 Growing My Creativity
- 07 Creative Problem Solving in Action
- 08 Thinking Differently to Others
- 09 Judgement & Decision Making
- 10 Dragons Den Product Design









Contact us

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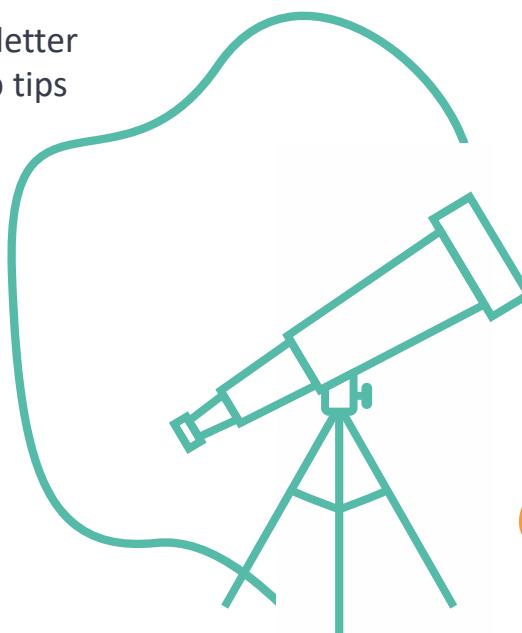
W: www.rolemodels.me



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Vision

In the future, we will be the global leader in developing life skills, with the goal of transforming the lives of at least **a million** young people. Now more than ever, the world needs people with the empathy, resilience and confidence to thrive.