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## Workshop

# Promoting resilience in school children

19 September, Bucharest

Institute of Educational Sciences

**Trainer: Prof. Dr. Carmel Cefai**

Director of the European Centre for Educational Resilience and Socio-Emotional Health,  
University of Malta

## Agenda

9.00-11.0

- Introduction: goals and objectives, definition of resilience
- RESCUR: Overview of the programme
- Teachers' Guide
- Sessions structure

*11.00-11.30 Coffee break*

11.30-13.00

- Mindfulness training
- Story telling and processing (role play)
- Practical activities (presentations)

*13-14 Lunch*

14.00- 15.30

- Working with parents
- How to deal with sensitive issues

*15.30-16.00 Coffee break*

16.00-17.00 Conclusion and evaluation