



L-Università  
ta' Malta

UNIVERSITY OF MALTA

CENTRE FOR RESILIENCE AND SOCIO-EMOTIONAL HEALTH

## RESCUR SURFING THE WAVES

### PRACTIONER TRAINING PROGRAMME

Centrul National de Politici și Evaluare în Educație, Bucharest  
16 March and 18 March 2021

Trainer: Prof. Dr. Carmel Cefai

# Agenda

## 16 March 2021

### 16.00-17.00. Introduction

- Introduction (goals and objectives)
- Definition of resilience
- RESCUR: Overview of the programme (themes, model, principles, structure, resources)
- Teachers' Guide and activity structure

### 17.00-18.00 Implementation

- Mindfulness training

### 18.00-19.00 Implementation (small groups)

- Story telling including use of puppets: reading story with finger puppets and processing in small groups
- Practical part of the activity (small group activity)
- Presenting work to big group

## 18 March 2021

### 16.00-18.00 Issues of implementation (parents and sensitive issues)

- Working with parents (activity in small groups)
- Dealing with sensitive issues (case studies)

### 18.00-19.00

- Assessment
- Issues of adaptation/ piloting in Romania
- Evaluation

Link pentru înscriere curs RESCUR:

[https://docs.google.com/forms/d/e/1FAIpQLSfcYGhfm5d9QJw8h6V\\_I7B8BfE9kGAaHrnoY0v-FFtcE9EZRQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfcYGhfm5d9QJw8h6V_I7B8BfE9kGAaHrnoY0v-FFtcE9EZRQ/viewform?usp=sf_link)