



Independent  
Association of  
Prep Schools

## R54: Student resilience

**Date** Tuesday 19 November 2024  
**Venue** Zoom, online  
**Cost** IAPS members - £135 (non-IAPS members - £185)

BLNCE was authored by Dr. Alish Rodgers in 2021 in collaboration with the Matt Hampson Foundation. These strategies and activities are adapted from evidence-based therapeutic models which have been shown to increase resilience levels, positive future outlook and coping skills (e.g. MBCT). This workshop will outline accessible, fun and interactive activities/strategies that can be part of the school curriculum to support staff to build resilience levels in pupils. The activities and strategies are adapted in line with the professional remit of educational staff members and are not presented to be used in a 'therapeutic manner' but can be implemented as part of the every-day school curriculum.

**Audience** All teaching staff and school leaders  
**Course Director** Dan Hipkiss, Head of Learning & Development. Matt Hampson Foundation  
Dr Alish Rodgers, Educational & Child Psychologist and Author of the BLNCE Emotional Resilience Programme  
**Presenter(s)** Dr Alish Rodgers, Educational & Child Psychologist and Author of the BLNCE Emotional Resilience Programme

## Programme

**Tuesday 19 November 2024**

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Time	Activity - <i>Speaker</i>
1000	Registration
1010	Student Resilience in the classroom
1030	Overview of 'BLNCE' techniques and activities
1145	Comfort Break
1200	Research Evidence for 'BLNCE' strategies and techniques
1230	Break out groups to explore – Implementation, Resource Planning and Differentiation (for age and additional needs)
1300	Closing Remarks



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