



## About Making Generation R

Learning to be resilient can make a big difference to young people that struggle with feelings of anxiety and self-esteem. One of the most effective ways to encourage resilience is through inspiration from others.

That's why the Making Generation R programme supports injured veterans to take their inspiring stories about overcoming adversity into schools across the U.K. Over **23,000 students** have already benefitted from a **free** workshop.

Book a **free** workshop today to inspire resilience in your school!

### Our aim is to:

- Inspire your students with the Blesma Members' stories
- Understand what it is to overcome adversity & promote how to be resilient
- Encourage healthy behaviours
- Improve confidence and self-esteem, and make individuals realise that we all go through tough times
- To improve interpersonal relationships and skills

### What you need to know:

- The workshops & assemblies are **FREE**
- Workshops & assemblies are suitable for students aged 11 – 18
- All that we ask you to provide is a large enough space for the students to move around – a school hall or large enough studio space is ideal!
- Our team are all DBS checked
- Workshops are available from January - July 2019, dates are flexible to suit your school

### Structure:

#### Blesma Resilience Assembly (minimum 25 minutes)

Assemblies are available for any number of students. The veterans will tell their personal story of overcoming adversity followed by a short Q&A facilitated by a professional workshop facilitator.

#### Blesma Resilience Workshop (60 or 90 minutes)

30 students maximum per workshop. The veterans will tell their personal story of overcoming adversity. After their talk and Q&A, they will assist a professional workshop facilitator in leading a motivational workshop in which your students will explore the reality of adversity and how they can become resilient.

ENQUIRIES E: [info@makinggenerationr.com](mailto:info@makinggenerationr.com) T: 07384 257472