

About Making Generation R

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

That's why Making Generation R programme supports injured veterans to take their stories about overcoming adversity to workplaces and educational institutions across the UK, including First Responders and Frontline Services. Over 50,000 people have already benefited from a free Making Generation R session.

Book a free Talk today to inspire resilience in your workplace or adult learning environment.

Blesma Resilience Talk (minimum 45 minutes)

A veteran will tell their inspiring personal story of overcoming adversity followed by a Q&A facilitated by a professional workshop facilitator.

Your team will:

- Experience a real example of someone who has faced adversity, overcome this and gone on to live a fulfilled life
- Recognise helpful and unhelpful coping strategies in themselves and others
- Hear examples of positive and negative patient experiences

Blesma Resilience Workshop (minimum 90 minutes)

If you think your team would benefit from a bespoke Resilience Workshop, then please get in touch by emailing us at info@makinggenerationr.com. Please note, that the maximum Workshop size is 30 people.

Empowering veterans

All veterans who deliver their story have taken part in an intensive 5-day training course delivered by West End theatre professionals and public speaking trainers. The training course is aimed to help them structure their personal stories of disaster and triumph in an engaging way before they go out and share them with the Talks or Workshop recipient.

