Resilient Living Programme (Adults, 17+)
OR
Wellbeing & Resilience Programme for Youth (age 9-16)

SUMMER 2026 (UK Times)

LEVEL 1: RESILIENCE FOR OURSELVES (Modules 1 & 2)
LEVEL 2: RESILIENCE FOR OTHERS, Accredited Resilience Facilitator/Coach (Modules 3 & 4)

Key for Leaning Formats:

- Black: Live webinars for entire training cohort
- Blue: Self-directed online learning time & self-assessment (not live)
- Purple: Live webinars for Youth training cohort ONLY
- Red: Self-arranged time for 1-1 practice client work by each trainee with self-selected clients

Dates & Times (UK Time Zone)	Duration	Description
LEVEL 1, RESILIENCE FOR OURSELVES Module 1: Foundation		
Welcome & Introduction Live webinar		
Sunday, 21 June	1 hr	Introductions, course overview & expectations of students
Resilience Framework: Part 1 Self-directed online learning in own time + self-assessment		
21 – 28 June	3 hrs	A series of short recorded sessions giving an overview of the fundamentals of the Resilience Framework
By 28 June		Participants to complete online self-assessment questions of recorded sessions to ascertain learning progress and issues to explore in following module
Resilience Framework: Part 2 Live webinar		
Wednesday, 1 July (4pm – 7pm)	2 hrs	In-depth interactive exploration of the Resilience Framework, including student questions & reflections

Dates & Times (UK Time Zone)	Duration	Description
Module 2: Programme Delivery		
Core Training in Programme: Part 1 **Live webinar**		
Adult Coaching Sunday, 5 July (12pm – 7pm)	7 hrs (including lunch break)	Demonstration and interactive work-through of programme. Sessions 1-4
Youth Coaching Sunday, 5 July (12pm – 7pm)	7 hrs (including lunch break)	Demonstration and interactive work-through of programme. Sessions 1-4
Core Training in Programme: Part 2 **Live webinar**		
Adult Coaching Sunday, 12 July (12pm – 7pm)	7 hrs (including lunch break)	Demonstration and interactive work-through of programme. Sessions 5-8
Youth Coaching Sunday, 12 July (12pm – 7pm)	7 hrs (including lunch break)	Demonstration and interactive work-through of programme. Sessions 5-8
Youth Coaching ONLY **Self-directed online learning**		
Complete by 14 July	2 hrs	Watch recording of the final two Youth sessions Sessions 9-10
Youth Coaching ONLY **Live webinar**		
Tuesday, 14 July (1 - 2pm)	1 hr	Q & A on Youth Programme
Closing: Resilience in our Lives **Live webinar**		
Tuesday, 14 July (2 – 3:30 pm)	1 ½ hrs	Q & A with course leader and wrap-up of Level 1
END OF LEVEL 1 **ACCESS TO COACHING PORTAL FOR LEVEL 2**		

Dates & Times (UK Time Zone)	Duration	Description
LEVEL 2, RESILIENCE FOR OTHERS CERTIFICATION Module 1: Practical		
Readying to Teach: Testing your knowledge Live webinar		
Wednesday, 15 July (5pm – 7pm)	2 hrs	Interactive sessions deepening knowledge and building skills to optimise sharing the programme with clients
Sunday, 19 July (5pm – 7pm)	2 hrs	
Practice Client Work Live 1-1 coaching by trainees with clients in own self-arranged time		
From 20 July – 16 Sept	16 hrs (2 clients x 8 sessions over 2 months)	Coaching two practice clients through the programme. Trainees to identify their own practice clients to build experience and skill in sharing content with others.
Resource Access Self-directed online learning in own time (from 15 July)		

1) Client support videos – supplementary resources to support working with clients via recordings from faculty
2) 'Secret of Effective Parenting Programme' – digital programme to support working with parents/families (optional)

Dates & Times (UK Time Zone)	Duration	Description
LEVEL 2 **Module 2: Supervision**		
Group Supervision & Support **Live Webinars**		
Wednesday, 26 August (5pm – 6pm)	1 hr	Group supervision of 1-1 work with practice clients to provide support, guidance and feedback
Sunday, 6 Sept (5pm – 6pm)	1 hr	
Wednesday, 16 Sept (5 pm – 6pm) ↓	1 hr	
Wednesday, 16 Sept Closing session (6pm – 7:30pm)	1 ½ hrs	Course wrap-up & receive Resilience Coaching Certification (assuming requirements have been met)

Activating Resilience (Optional)

Every Thursday (12 – 1pm) from 15 July (recordings available)

Optional weekly learning hour providing ongoing learning and development with Terry Rubenstein for global coaching community. Interactive sessions including reviewing key themes, Q&A, and peer-to-peer support

End of Resilience Training Course

***Please Note:** **Dates and times are subject to change. All times are stated in UK Time Zone (GMT).**