

Training programmes for education

Dr Ilona Boniwell

## SPARK Resilience

“Preparing our kids for life”



### Our number 1 wish for our kids is to be happy

When you ask a parent to express in one word what they want the most for their children, the top answer is “happiness”, whilst “success” comes second. However, due to several well established fallacies such as “happiness can’t be taught” or “teaching math is the top priority to prepare high achievers”, we have not yet come up with practical solutions in the classroom to address:

1. The issue of depression and anxiety disorders, affecting around 5% of the teenagers and continuously rising.
2. Improving the well-being of the remaining 95%.

### Schools can address this need through programmes inspired by research in positive psychology

Positive psychology is a recent field which seeks to complete traditional areas of psychology with the purpose "to find and nurture genius and talent" and "to make normal life more fulfilling" (Compton, 2005), rather than merely treating mental illness. Positive psychology is primarily concerned with using the psychological theory, research and intervention techniques to understand the positive, adaptive, creative and emotionally fulfilling aspects of human behaviour.



### Objectives

**Dr Ilona Boniwell**, renowned expert in Applied Positive Psychology, designed a 12 lessons course directed towards pre-teens called **SPARK Resilience**, with the aim of helping our kids gain better control over their negative emotions and improve their resilience skills.



### Why attend?

- to develop a comprehensive understanding of what resilience is and how it can be developed;
- to develop skills in order to teach resilience to children in primary and secondary schools;
- to apply the adult version of these skills to your children.



## Who is this training for?

Training is recommended for a potentially wide group of people working directly and indirectly with relevant adolescent populations:

- School managers
- Teachers
- Educators
- Parents
- Youth and social workers
- Training and coaching practitioners



## PROGRAMME

### **In SPARK Resilience, kids learn how to cope with tricky situations in life...**

The first objective of the course is to raise awareness on how our perception of a situation triggers negative emotions, and share the good news that we can control our perception. This powerful insight is taught through using parrots as a metaphor of perception: an automated voice interpreting the situation for us, which can be retrained when we realise that it's wrong or lacks the right words to trigger an appropriate reaction.

Once they master this key step of the SPARK cognitive process (Situation, Perception, Autopilot, Reaction, Knowledge), children learn how to stop reactions they would regret and control their automated responses through exercises developed by top researchers in various fields of psychology.

### **... and build the capabilities needed to strengthen their resilience in the long run.**

Resilience is a learned skill. As such, it is like building up muscles in the gym. If you use your "resilience muscles" well and frequently, they become strong and useful, ready to be put in practice whenever needed. SPARK Resilience gives a clear "work out" programme for students.

By working on their relationships ("I have supportive people I can count on"), identifying their personal strengths ("I am a strong, confident person"), choosing the right role models ("I can cope and bounce back from difficult situations") and building on positive experiences ("I like good things in my life") students develop the capabilities to become more resilient in the long term.

### **The effectiveness of the programme has been demonstrated already.**

In late 2000's, the impact of SPARK Resilience was evaluated following pilot projects in the UK. Research has shown that students trained through this programme are significantly more resilient and suffer less from depression disorders than a control group of similar students. Research also shows that in the eventuality of a traumatic event (ex: parents divorcing, illness...), these now more resilient kids will have a better chance of growing as a result of this challenge rather than suffering from post-traumatic stress.

## These positive results are a clear motivation for the program to grow

More than 30 schools in the UK and 10 schools in Japan are now teaching SPARK Resilience and still training more teachers.



### Teaching methods

- 4 days utilising both the experimental and didactic modalities
  - Introduction to theories and concepts
  - Completion of tests and inventories
  - Individual, pair and group exercises
  - Case studies
  - Practical implementation of this training to the participants
- Highly developed programme support including guides for future trainers with the detailed program of 12 sessions, videos and slides, tools used by trainers in courses and workbooks for participating students.



### CERTIFICATION

Assessment is based on individual and group exercises and on participation in case studies, demonstrating how the student has integrated the tools introduced during the Master Class.



### The certificate is taught by

**Dr Ilona Boniwell**, one of the most renowned positive psychology professionals, who created and run the first Masters of Applied Positive Psychology in Europe (UEL, London) and currently teaches at Ecole Centrale Paris. Author of several books on positive psychology, she consults on the applications of this discipline to business, education and coaching as a director of Positran. She founded the European Network of Positive Psychology, was the first Vice-Chair and currently serves on the board of the International Positive Psychology Association.



### Dates

17<sup>th</sup> to 20<sup>th</sup> February 2014



### Place

CRI : 8-10 rue Charles V  
75004 Paris



### Fees

€1200+VAT (€1435,20)  
€1000+VAT (€1196) before 15/01/2014



### Further information

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