

# My Personal Best

# Achieving personal success and developing resilience techniques

www.mypersonalbest.org.uk

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#### About us

- Leila Lahfa, Project Co-ordinator
- Hannah Abdullah, full-time volunteer
- Rachel Cowey, full-time volunteer



### Workshop objectives

- About My Personal Best
- Skills gained by volunteering online
- The benefits of joining an e-community
- Helping people with mental health issues
- Developing resilience techniques



# Life's challenges

A range of challenges can test a young person's resilience:

- Being teased or bullied
- Peer pressure
- Exam pressure
- Family arguments
- Changing schools
- Moving house
- Loved one dying (family or pet)





# My Personal Best





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#### The Personal Planner





# Celebrating achievements





### Using Planner to build Resilience

#### Workshop exercise:

Set yourself a list of Top 10 things you want to do this year and record your journey what would your challenges be?



#### Downloadable resources

http://www.mypersonalbest.org.uk/get-support/staying-healthy/





# Benefits of volunteering online



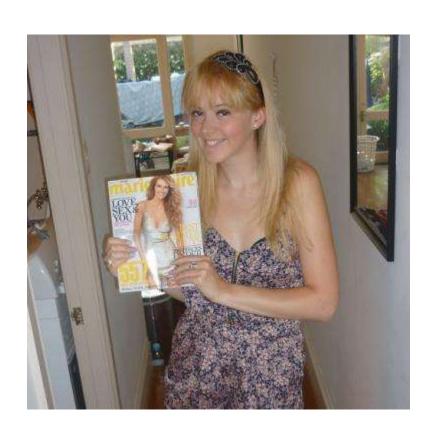






My Personal Best

# Why volunteer?





# Benefits of joining an e-community



# Helping people with mental health issues



# Building Resilience techniques

#### The Seven Learnable Techniques of Resilience

- 1. Emotion awareness or regulation
- 2. Impulse control
- 3. Optimism
- 4. Causal analysis
- 5. Empathy
- 6. Self-efficacy
- 7. Reaching out



#### Contact details

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