

Building staff and student resilience

Delivered by
AMC Associate,
Victoria Humphries -
polar adventurer and
resilience expert with
25 years of education
experience



Research shows that 86% of people who are resilient are also highly motivated.

Staff and students attending the AMC resilience workshops will leave:

- feeling inspired and motivated
- with an increased understanding of resilience and how their lived experiences can be transferred to the staffroom or classroom
- thinking differently; challenging themselves to be curious, to take opportunities and to break challenges into bite size chunks
- with a practical personal resilience plan to help them overcome a current challenge

Contact us for a no-obligation conversation to find out how AMC Resilience Building Workshops can help your school staff and students.

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