



RESILIENCE

x Online Program

PROGRAM GUIDE

WELCOME TO

RESILIENCE *x Online Program*

Welcome to the Online Resilience Program! I'm so excited that you have decided to join me on this journey.

This is more than just an online program. It's a way for you to learn about yourself through a different light that will enable you to adapt and bounce back to the everyday challenges that we face in our lives. A journey that is going to help you develop your resilience by discovering your inner strengths and understanding to help you thrive during turbulent times.

Life has its ups and downs, and knowing how to adapt to adversity is essential to our health and wellbeing. Our resilience is our ability to adapt and bounce back when things don't go as we had planned or hoped. Over the next six sessions, you are going to learn the methods and strategies that enable you to navigate through a crisis and over misfortune. It's packed with encouraging messages and simple tools to help you build your inner strength and weather the tough times with hope and courage.

Thank you for joining me on this journey. I can't wait to see how you develop over the coming sessions.

Luke x



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MEET LUKE



LUKE REES

**FOUNDER OF LUKE REES INSPIRES
AND MULTI AWARD WINNING
MOTIVATIONAL SPEAKER**

Luke Rees is a 26-year-old inspirational young person who turned his life around from a disengaged school student to a Multi-Award Winning Motivational speaker. Despite growing up with depression and anxiety therefore leaving school with only four GCSEs Luke used the

power of helping others to change his life and used his setbacks as a platform for his comeback.

In 2018 Luke founded Luke Rees Inspires which aims to inspire a generation of people to believe in themselves to unlock their own potential and has worked with over 50,000 young people and some of the biggest businesses and organisations in the UK.

Luke has become one of the UK's most in demand Motivational Speakers. He has the ability to inspire and motivate people to do things which they may never have thought they could do. His contagious energy and passion inspires an audience and encourages people to make the most out of their lives.

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PROGRAM CONTENTS

Resilience is the ability to cope with the challenges, problems and set backs we face in life, and to become stronger because of them. It relies on different skills and draws on various sources of help, including rational thinking skills, physical and emotional health, and an individual's relationship with those around them. Why is it essential that you take part in the Resilience Online Program?

Well, just imagine if you were better able to:

- Understand the importance of personal resilience and having a positive focus at in everything you do.
- Adapt your approach to challenges and become more optimistic.
- Overcome negative thinking to help ensure personal success.
- Use tools to effectively build your personal resilience.
- Improve your overall bounce back ability.

Ultimately, the Resilience Online Program will help you to focus on the positive aspects of your life with optimistic and enthusiastic mindset.

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PROGRAM BREAK DOWN



INTRODUCTION: Welcome to the program

Welcome to the Luke Rees Inspires Resilience Online Program. This is much more than just an online program, it's a journey to understand and learn about yourself.



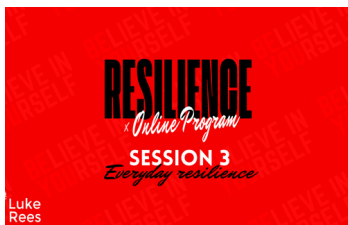
SESSION 1: Luke's resilience story

In the first session of the resilience online program Luke shares his personal story of resilience and opens up regarding the challenges and adversity he's faced.



SESSION 2: What resilience means to you

During session two of the online program we look to understand the definition of resilience and most importantly what it means to you.



SESSION 3: Everyday resilience

In the third session we look at what everyday resilience looks like and how to become stronger based on your personal experiences.

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PROGRAM BREAK DOWN



SESSION 4: Discover your inner strengths

For session four we begin to discover what your inner strengths are and how you can turn them into your super powers in different situations.



SESSION 5: Resilience toolkit

The purpose for session five is to learn how you can create your own resilience tool kit filled with tools to help you navigate through life.



SESSION 6: Bounce back from adversity

In the final session of the online program we look at all the lessons you have learnt from the program and how you can use them to bounce back from adversity.



SUMMARY: One decision away from a different life

In the final session we look at what does every day resilience looks like and how to become stronger based on your personal experiences.

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PILLARS OF RESILIENCE

MENTAL

The ability to effectively cope with mental stressors and challenges. Pay attention to your needs and feelings. Our thoughts control our energy.

PHYSICAL

The ability to adopt and sustain healthy behaviors. Regularly work out and continually monitor physical stamina. Recognize the connection between mind and body: strong bodies help build strong minds

SOCIAL

The ability to network. Build and value interpersonal relationships and social networks. Social connections with others widen perceptions and grow character.

SPIRITUAL

The ability to adhere to beliefs, principles, or values needed to persevere and prevail in accomplishing missions.

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WHY THIS PROGRAM?

- All of us have been through tough times in our lives, myself included. I am someone who is both, relatable and compassionate who uses their experiences and learnings to help you.
- Save time and stress by using our ready-made professional online training materials.
- There is no need to wait for delivery. You'll receive the full course pack in your inbox instantly.
- Contents include a wide range of additional resources that include, PDFs, Images and Slides to allow everyone to have the best learning experience.
- With a mix of practical exercises and trainer material, you will remain engaged throughout, while you take credit for a professional and effective training course.
- And when budgets are tight but you still need results, the Resilience Online Program is great value for money. Train a whole team or even a whole company for much less than the cost of sending a single participant on a standard training course.

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WHAT'S INCLUDED?

Session Videos – Each session video is pre-recorded so you can watch and learn at a time that best suits you best. All videos are stored online so as long as you can an internet connection they can be accessed at anytime or anyplace in the world.

Workbook – This is a place for participants to add their action plans and learning, whilst also containing information about the course content and a place to work on exercises and activities. The workbook comes as an interactive downloadable PDF or a printable version.

Resilience toolkit PDF – The perfect tool that helps you discover what tools you can use in your life to become more resilient. A 50+ page PDF downloadable PDF that breaks down every tool and informs you how you can use it in your life to improve your bounce back ability.

Free downloadable resources – Various types of downloadable content providing something for everyone from resilience reminder quote cards to screensavers and wallpapers from your favourite quotes from the program.

Certification upon completion – Once you have a complete the Resilience Online Program will receive a certificate to certify that you have completed the Resilience Online Program

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FREQUENTLY ASKED QUESTIONS

Who is the Resilience Online Program for?

The Resilience Online Program is for everyone. It's designed to be able to help anyone learn and develop resilience at any level. We all face challenges and adversity in our lives and it's now more important than ever that we learn how to bounce back. The program is perfect for schools students, teachers, parents, businesses, employees or even individuals, it is for everyone.

Does it support the education curriculum and employee wellbeing services?

The Resilience Online Program is designed to support both schools and businesses to deliver a wide range of the curriculum and wellbeing services at a high standard including Health and Wellbeing Experiences and Outcomes

How will it benefit me, my students or staff?

Life has its ups and downs and learning to be able to bounce back is now more important than ever. The Online Program is designed to cover everything from Lukes personal inspiring story, exploring what resilience is and to discovering how you can bounce back. It provides with you downloadable videos, tools and PDFs providing you with everything and more for you to use when needed.

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FREQUENTLY ASKED QUESTIONS

How does the Resilience Online Program work?

The Resilience Online Program is an online learning experience which has been built inside of the Luke Rees Inspires website to deliver online learning. Once you have purchased the program you will be provided with a unique code that enables you to access the program. You then create an account on the website and using the unique referral code for your school or business will be allowed direct access to the Online Program. Your whole school or organisation will have access to the full program including all of the sessions and downloadable resources. Each session will include a video, PDF worksheet and other additional resources. These can be used within lessons, form part of a blended learning approach or even set for employees to use when it best suits them.

Once we sign up, how do we get started?

Once you have signed up and purchased the program, if you are purchasing the program as an individual then you will be allowed to use it straight away. If you're are a school or organisation purchasing the program then you will be provided access to the Online Program within 24 hours of creating an account on the website using your unique code.

How do you pay for it?

You can pay the annual fee online via credit or debit card, or you can provide us with a purchase order number and we'll invoice you.

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FREQUENTLY ASKED QUESTIONS

How long do I have access to the Resilience Online Program?

You will have access to the Resilience Online Program for a total of 12 months starting from the date of purchase. Once the 12 months is over you will be offered an opportunity to renew your purchase of the Online Program as a discounted cost.

Want to find out more or book a demo?

If you would like to find out more about the Resilience Online Program then you can arrange an online demo meeting now by emailing info@lukerees.co.uk - This will last no longer than 30 minutes and we will be able to answer any questions you may have.

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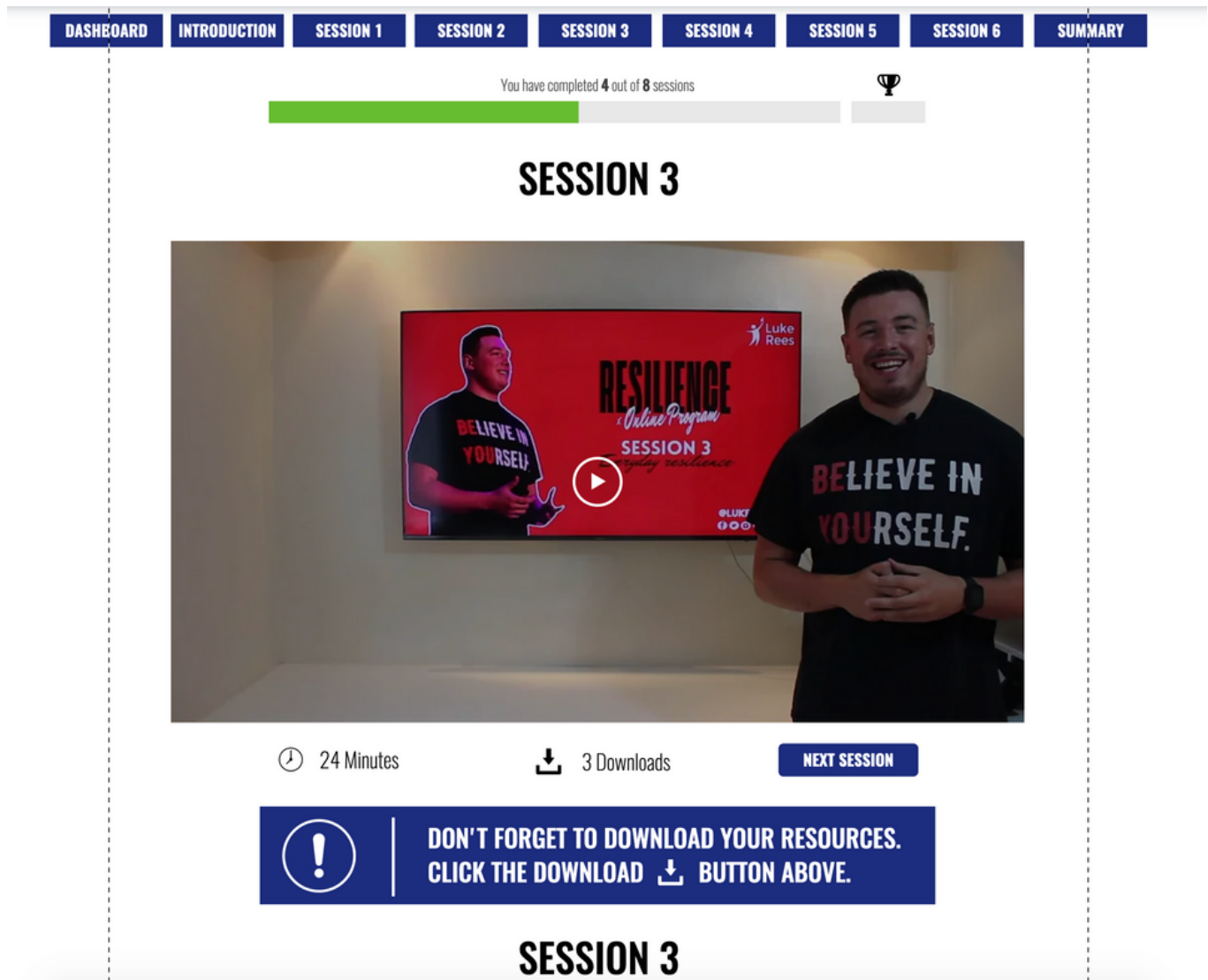


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HOW IT LOOKS



The screenshot displays the user interface of the 'RESILIENCE x Online Program'. At the top, a navigation bar includes links for DASHBOARD, INTRODUCTION, SESSION 1, SESSION 2, SESSION 3 (highlighted), SESSION 4, SESSION 5, SESSION 6, and SUMMARY. Below this, a progress bar indicates 'You have completed 4 out of 8 sessions' with a trophy icon. The main content area is titled 'SESSION 3' and features a video player showing a man in a 'BELIEVE IN YOURSELF' t-shirt. Below the video, it shows '24 Minutes' duration and '3 Downloads'. A 'NEXT SESSION' button is present. A blue banner with a warning icon states: 'DON'T FORGET TO DOWNLOAD YOUR RESOURCES. CLICK THE DOWNLOAD ⬇️ BUTTON ABOVE.' The session title 'SESSION 3' is repeated at the bottom of the interface.

Both the download digital and printable PDF workbook can be found in the downloads section of each session alongside a number of additional free resources. Here is an example of what the Session 3 workbook looks like.

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SESSION 3

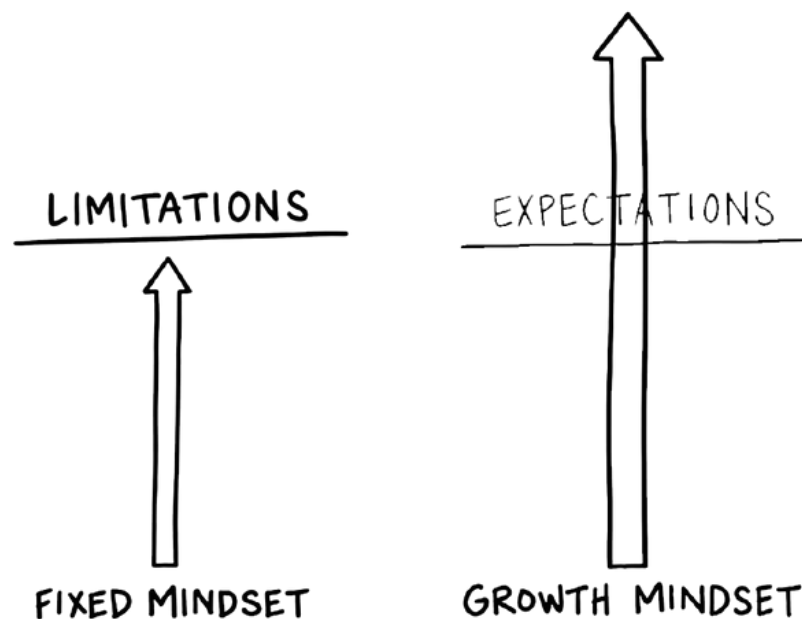
Everyday Resilience

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TAKING CONTROL OF YOUR MINDSET

Fixed VS Growth Mindset



What is a fixed mindset?

What is a Growth mindset?

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Fear of the future - What if?

We can spend so much time worrying about things that haven't actually happened.

FIXED MINDSET

What if

What if

What if

GROWTH MINDSET

What if

What if

What if

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Learn to hear the fixed mindset voice in your head

Select which of these thoughts you've had..

- ☐ "Are you sure you can do it? Maybe you don't have the talent?"
- ☐ "I'm not any good at this."
- ☐ "What if you fail? You'll be a failure."
- ☐ "If i can't do it perfectly. I shouldn't even have tried."
- ☐ "People will laugh at you for thinking you could do it."
- ☐ "If I don't get chosen, it's because I wasn't good enough."
- ☐ "It's not too late to quit, make an excuse and keep yourself from failing."
- ☐ "I've never been good at this, so I never will."
- ☐ "I know i'll be bad at that, so i'm not even going to try."

In what situations do you find fixed mindset thoughts creep up? Is it at work? At home? With certain activities or skills?

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Recognise you have a choice.

When you face criticism, setbacks, or failure, it's important to realise that you can choose how you want to view it. Do you want to put on the negative glasses and quit? Or, you can say to yourself, "Oh, I guess I didn't work hard enough. Time to try a new strategy."

As simple as it sounds, just realising you have a choice in whether you listen to the thoughts in your head or not is key.

When the voices in your head turned to the fixed mindset, talk back to them. Write how you can talk back to your top three fixed mindset thoughts:

Fixed mindset thoughts
Example:

"You can't do that - you're not talented enough."

Growth Mindset response
Example:

"I don't know if I can do it now, but I can learn how to do it."



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SHOW US HOW YOU ARE CHOOSING RESILIENCE! SCREENSHOT THIS IMAGE AND
SHARE ON SOCIAL WITH HASHTAG #ResilienceXOnline AND TAG @LUKEREESUK

YOU ARE BRAVE.

YOU ARE STRONG.

YOU ARE CAPABLE.

YOU ARE COURAGEOUS.

**YOU WILL RISE AGAIN BECAUSE
THAT'S WHO YOU ARE.**

LUKE REES

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**DO SOMETHING TODAY
THAT YOUR FUTURE
SELF WILL THANK
YOU FOR

AND PURCHASE THE
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