



North Alliance Conference 2014

Resilience

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Resilience maybe defined as successful adaptation to adversity. Resilient people develop themes in their lives which offer them hope, optimism, purpose, emotional clarity and wisdom. Others develop themes of loss, pessimism, lack of purpose and emotional tension. This workshop explored exactly what resilience is and whether and how it can be learned. If it can be learned, how can we as CLD workers promote this resilience to adversity in life? There was input on current thinking and research about resilience followed by discussion and activities seeking to identify how we can assist our participants to recover from adversity.

Presentation not yet available.