JULY 2022

LEARN FOR LIFE LANKA

WHO ARE WE?

Learn for Life Lanka is a small yet committed organization comprising Sri Lankan professionals of various backgrounds who are passionate about contributing to the development of Sri Lanka through uplifting the education system and specifically contributing to the teaching and learning process. The founders set up the organization because they strongly believe that to tackle the economic and social needs of Sri Lanka, students need to be taught social and emotional skills and provide them with exposure to the world of work to create a generation that has the mindset and skills for the 21st century.

STRENGTHS-BASED RESILIENCE TRAINING PROGRAMME 2022



To encourage the process of adoption, L4LL conducted a 4-day residential training programme for teachers and artists from 24-27 March 2022 at SOS Children's Village in Piliyandala. The training programme which was full of activities and other interactive sessions aimed to encourage the incorporation of Strengths-Based Resilience skills into teaching modules and other academic projects.



The programme was conducted by a world-renowned clinical psychologist, Dr. Tayyab Rashid, a certified clinical psychologist at the University of Toronto Scarborough's Health & Wellness Centre.

Although individuals are unable to avoid the reality of day-to-day obstacles and setbacks, they can bolster their strengths, expand their potential, and master new skills to face the challenges they come across through more effective & productive approaches.



WHAT IS STRENGTHS-BASED RESILIENCE (SBR)?





The Strengths-Based Resilience (SBR) programme was developed by Dr. Rashid and his co-collaborators through rigorous research on positive psychology, cognitive behavioural therapy, and mindfulness. It is a tool to aid in cultivating resilience in the face of life's demands in areas such as education, work, and relationships. Although individuals are unable to avoid the reality of day-to-day obstacles and setbacks, they can bolster their strengths, expand their potential, and master new skills to face the challenges they come across.

MODULES OF THE SBR PROGRAMME

Through a variety of evidence-based skills, the 14-module SBR programme assists in enhancing resilience. The following icons represent the 14 modules.



EXPECTED PROGRAMME OUTCOMES



- Integrating mindfulness, relaxation, and thankfulness into everyday self-care routines of individuals
- Creating personal resilience stories/narratives among people for others to seek inspiration

- Developing more adaptable thinking approaches to handle situations when they get out of hand
- Upskilling teachers to deal with their students with a heightened sense of humanity and kindness
- Providing students with tools and skill sets to face life's challenges confidently
- Making a difference in society through altruism

FUTURE PROGRAMMES



- Working with leading local institutes to localize the SBR manual
- Organizing collaborative workshops with international schools in Sri Lanka to promote SBR
- Working together with Souls Sound Academy to conduct a session on **'4 ways to Flourish'** at the upcoming Music Summer Camp organized by them to be held on the 05th of August 2022