

The Art of Resilience

for the military community



Somerset
NHS Foundation Trust

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston Churchill

Free online
masterclass,
starting
September 2022

- **Take control of your own destiny**
- **Techniques to manage stress and anxiety**
- **Nurture positive thoughts and emotions**
- **Respond to life's challenges**

A safe and fun learning environment
**for armed forces veterans,
reservists, upcoming service
leavers, family and friends of
those who are serving or
have served.**

Course led by Bernard Genge,
former Royal Navy medic,
qualified trainer, coach
and published author.

Open to people
across the UK.



Email to book your place by 26 August 2022

and send any queries:

armedforces@somersetft.nhs.uk



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online masterclass

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Bernard Genge, former Royal Navy medic, qualified trainer, coach and published author, looks forward to working with you in this masterclass, hosted by Somerset Recovery College.

Course content	Date	Time
Meet and greet	Tuesday 6 September	11am to 12pm
The compelling nature of a personal vision and mission, and setting achievable goals	Wednesday 14 September	11am to 1pm
Developing the thoughts/beliefs of a resilient and successful person	Wednesday 21 September	11am to 1pm
Gaining control of your emotional wellbeing	Wednesday 28 September	11am to 1pm
Lifestyle solutions for anxiety and fatigue	Wednesday 12 October	11am to 1pm
Developing unstoppable self-confidence	Wednesday 19 October	11am to 1pm
How to respond rather than react to challenges	Wednesday 26 October	11am to 1pm
PTSD (post-traumatic stress disorder) – what it is and the similarities and differences with other forms of stress/depression	Wednesday 9 November	11am to 1pm
PTSD – strategies to cope with it and other forms of stress/depression, for post-traumatic growth	Wednesday 16 November	11am to 1pm
The importance of physical resilience in five key areas: food, hydration, toxin awareness, exercise, sleep and rest	Wednesday 23 November	11am to 1pm
Making significant and long lasting changes	Wednesday 30 November	11am to 1pm

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After booking you will receive instructions on how to access the online learning platform.

