

Case Study – Resilience Workshop - Long-term effectiveness

- Name: **Edward L Barile**
- Where do you live: **Camden, Somers Town**
- When did you first attend the Resilience Workshop: **November 2023**
- What was your 1st impression when you did it then, what insights did you get about resilience that you didn't know before?

Resilience is about living in the present, learning from our past and knowing that your present will determine the future. Know that you are not your labels and that you can reach your goals by using the Merlin effect - know your future goal with a date in mind and work backwards by using steps to take daily actions to make your end goal actually happen bit by bit.

- What tangible results were you able to produce from those insights?

I gained a successful NHS interview. One of my goals is to apply for Full time work. I am almost there as an NHS Reservist. This will help me fund my bigger goal which is to study a Masters in Sports therapy.

In the meantime, my private self-employed work in Sports Massage Therapy, I increased the amount of clients I gained per week. An example of the Merlin effect is that I know by early 2025 I want to be able to see if treating 10 clients per week is possible. Last year I was on average seeing clients 1 every 3 weeks to 1.5 months. Now I am averaging 6 clients a week and had one or two weeks where I have treated 7 & 8. Therefore, my goal of 10 clients a week by early 2025 is looking much more possible and achievable and not too taxing on my physical condition.

In terms of living in the present I feel more content rather than trying to chase the goal cliché, it may sound funny, but I am enjoying the moments I come across during the day (for me this is living in the present).

- Did you assist as part of creating a “Resilient Community” after you attended the 1st session?

Yes/ ☐ (Delete as appropriate)

- What was your experience of assisting the production of the workshops?

It was really good, I learnt new stuff on many occasions as each session has the same layout but because of the variety of people who are diverse and of different backgrounds Ken manages to come across challenging clients in a negative thought process to turn into a positive though process, and if ever questioned he is calm under the circumstance, enabling him to show his experience in handling these types of sessions and most importantly the person gets to resolve long held issues in one conversation.

- How did it help you and how did you help other residents who attended those sessions by assisting?

I gained more clarity in terms of my perspective as the day commences.

I understood that labels do not define me, but my earliest thoughts of what it is to be me is the most important for me. I understand that I am living if I can be curious, excited, adventurous. This aligns with the work I like doing as a Sports Massage Therapist and that is helping my clients with physical complaints.

Regarding helping others, I was able to assist Ken when people arrived by checking who they are, greeting and welcoming them, giving them name tags, helping with the handouts of notes and on

a few occasions I was able to give someone my perspective of something they discusses with Ken so I felt I helped them to get more from the session than if it was Ken doing it on his own.

- **Thinking of today, what long term tangible results that you can see, you were able to achieve because of what you learned from the Resilience workshop and assisting after?**

Since 1st attending in November 2023, I increased the number of clients I have seen and treated so future goals are more manageable and achievable.

My confidence and the knowledge that some days are going to be a challenge and some good, I know from the moment I wake up, I am ready and expect what may come across. I no longer use excuses of having or being labelled (I have a mental health condition) by my conditions as a reason that will reduce my ability to function clearly and to achieve my goals.

Is there anything else you would like to add in support of the next funding application to Francis Crick Community Chest?

Make more people in the community aware of this service provided by Ken as this needs marketing awareness within a local and London community level. This will help many people who feel they need some advice in terms of reaching their potential but are held back. The good thing is Ken doesn't solve the problems for them, he teaches the attendees to solve their problems by changing their mindset and who they see and thinks of themselves as – from being stuck with their issues, circumstances and conditions to being free to act and do things in spite of their issues, circumstances and conditions which is not taught anywhere else in my experience.