

How the Resilience & Confidence Workshops have made a difference from resident's feedback

Background

In December 2023, I was awarded a grant from Francis Crick Chest to deliver a series of workshops called "Resilience – A mindset free of constraints tuned to producing extraordinary results" in collaborations with the St Pancras & Somers Town Living Centre which comprised of a 3.5 hour coaching workshop followed by a follow up 1-2-1 session to support residents to acquire the soft skills of resilience in a practical way so that they could realise the hard results of gaining employment, self-employment or education goals that meet their aspiration for living a productive and good life.

From November 2023 – September 2024 I offered 8 Resilience Workshops which produced really great feedback and practical results for the residents who attended and by the end developed a complimenting "Confidence – A matter of choice" workshop to enhance the longevity of effectiveness of attending these workshops resulting in residents producing real and tangible results which were not possible for them before due to the tresses and anxieties of the cost of living crisis, neurodiversity conditions or unemployment.

As well as offering these individual workshops, my aim was to create a "Resilient " community in the area by enabling past participants to attend the workshops again but to assist in producing it to others so they get to re-experience ether workshops as a provider rather than a participant and many participants who said it really enhanced their ability and familiarity with new ideas they learnt and was able to use them more in their daily life as a practice rather than a great theory or knowledge which didn't really help them to produce any new results.

They also committed to become members of a resilient community to support other to gain the same results but by doing that further enhance their own abilities and proficiencies.

The results below are from an effectiveness survey I conducted at the end of the programme to assess and evaluate the impact of these workshops.

Response 1)

Resilience Workshop

When did you first took part in Resilience Workshop **June 2024**

What did you get from the session in results and in understanding your mindset?

Really helped me to understand my mindset, helped with every day challenges, how to move forward, gain insights in helping with my whole life really. From job hunting, dealing with pressures, cost of living, daily demands, so Ken really helps to free your mind and move forward and not be affected by these things. A mind free from all our constraints. It was brilliant.

Why do you think the course should get funded again?

Everyone should have the opportunity to do it. We all should learn how to live better, more healthily and without constraints on our mind, and if it is available for free, people who have hardships already are more likely to do it. Also encourage a better world for everyone if courses like these are provided free of charge. I myself had no income for over 11 months due to redundancy, living off £12 a day JSA, and definitely would not have even considered doing, as

money was so tight. Luckily, also heard about it, when Ken came to our Wellness Wednesday Class at Somers Town Community Centre to let us know about it.

Confidence Workshop

The date of the workshop - **11/10/24**

What did you get from the session in results and in understanding your mindset beyond doing the Resilience Workshop?

More understanding, digging deeper, answering any queries from the resilience workshop, hearing from others also opens up your mindset too, as these can touch on our own or similar issues that we had forgotten about. Brings to light things that helps us to free our mindset and have more confidence. Really, really helpful and opens our mind up.

Why do you recommend Confidence Workshop in additions to Resilience Workshop, why both instead of just one?

Definitely both, as the follow up course really helps to develop more understanding of the previous workshop and helps us move forward even more and have a happier and less stressful life! Reminds us of things we may have overlooked too.

And will you volunteer to assist in future productions of both Resilience and Confidence workshops helping me to create a community of Resilient People in Somers town and Camden? (Yes/no) **Yes**

Why will you do that?

I am passionate to help people have a better life, understand their constraints and free their mindsets, become a more confident person and therefore make a happier society.

Response 2)

Resilience Workshop

When did you first took part in Resilience Workshop? (The month & the year is enough) **April 2024**

What did you get from the session in results and in understanding your mindset?

What may have happened in the past which could have set your way of thinking and to deal with challenging situations differently.

Why do you think the course should get funded again? **To help others**

Confidence Workshop

The date of the workshop – **11/10/24**

What did you get from the session in results and in understanding your mindset beyond doing the Resilience Workshop?

I still feel I have issues and i am partly holding myself back, but I am still active in spite of it

Why do you recommend Confidence Workshop in additions to Resilience Workshop, why instead of just one?

I would recommend both workshop to get the full understanding of the course and to get what you are trying to achieve in practice.

And will you volunteer to assist in future productions of both Resilience and Confidence workshops helping me to create a community of Resilient People in Somers town and Camden? (Yes/no) **Yes**

Why will you do that?

Because they are good workshops which helps you deal with difficult situations and take action and I want to help others and by helping them, help myself.

Response 3)

Resilience Workshop:

When did you first took part in Resilience Workshop? (The month & the year is enough)

November 2023

What did you get from the session in results and in understanding your mindset?

The session helped me to see that I do not have to carry my emotional baggage with me everywhere I go. That only my mind and its' limitation is holding me back.

Why do you think the course should get funded again?

Ken is a brilliant workshop leader, who cares about his participants and is able to provide these sessions for free, which is attractive in these difficult financial and economic times.

Confidence Workshop

The date of the workshop – **11/10/24**

What did you get from the session in results and in understanding your mindset beyond doing the Resilience Workshop?

I can master my own destiny, and that I have freedom of choice to follow the path that I want to be on.

Why do you recommend Confidence Workshop in additions to Resilience Workshop, why both instead of just one?

I believe confidence and resilience go hand in hand, and they complement each other.

And will you volunteer to assist in future productions of both Resilience and Confidence workshops helping me to create a community of Resilient People in Somers town and Camden? (Yes/no)

Yes

Why will you do that?

Ken has helped me, therefore by me helping others, I am re-paying Ken back for his commitment to the workshops and to the group as a whole to create a resilient community.

Response 4)

Resilience Workshop

When did you first took part in Resilience Workshop? (The month & the year is enough)

2023, possibly Aug or Sept.

What did you get from the session in results and in understanding your mindset?

More clarity

Why do you think the course should get funded again?

This workshop reaches people within the community at a local level to reach their potential helping them through being lost in their careers or whatever is stressing them out. It has help me reach my goals in loads of areas of my life.

Confidence Workshop

The date of the workshop – **11/10/24**

What did you get from the session in results and in understanding your mindset beyond doing the Resilience Workshop?

You have a choice in your options rather than making a decision.

Why do you recommend Confidence Workshop in additions to Resilience Workshop, why both instead of just one?

Confidence workshop adds more information in order to become more confident in the knowledge gained in the Resilience workshop.

And will you volunteer to assist in future productions of both Resilience and Confidence workshops helping me to create a community of Resilient People in Somers town and Camden? (Yes/no)

Yes, if time permits

Why will you do that?

To help spread the knowledge

Response 5)

Resilience Workshop

When did you first took part in Resilience Workshop? (The month & the year is enough)

April 24

What did you get from the session in results and in understanding your mindset?

Clarity on how I can adjust my perception of what my agency is over my circumstances. I felt more empowered and motivated. It's helpful to understand that our mindset is not fixed, and indeed to get simple actionable insights on how to develop it according to what I want out of my life.

Why do you think the course should get funded again?

Personally, I am a big believer in life coaching. It changes lives. This short workshop in itself is full of life-changing ideas that residents of the area could turn into a more empowered way to look at their life and take positive action to improve their outlook.

Confidence Workshop

The date of the workshop – **11/10/24**

What did you get from the session in results and in understanding your mindset beyond doing the Resilience Workshop?

This workshop is mind blowing. The concept of choice vs decision is very powerful, and I had never come across it before. It is the concept that I can choose my situation and be ok with it and take action from that energy. It's hard to put into words but very motivating, especially in the way Ken delivered it.

Why do you recommend Confidence Workshop in additions to Resilience Workshop, why both instead of just one?

I recommend both workshops as part of a personal growth and development plan. The people attending the Confidence workshop were clearly energised by the experience and really eager to take action afterwards. But in order to get to that point attendees need to have attended the resilience training beforehand to understand the foundations of the philosophy.

And will you volunteer to assist in future productions of both Resilience and Confidence workshops helping me to create a community of Resilient People in Somers town and Camden? (Yes/no)

Yes

Why will you do that?

Because it's a good learning opportunity for me. Useful to keep refreshing the learning- I think you need to repeat the trainings in order to truly "get it" and to recommit to your truth and action plan. Otherwise, it's easy to be motivated at the beginning but then forget it all as days go past. That's not effective change.

Response 6)

Resilience Workshop

When did you first took part in Resilience Workshop? (The month & the year is enough)

March 2024.

What did you get from the session in results and in understanding your mindset?

Gained insights about the mind set how it works. Hearing the truth allowed me to move forward and work in a different way and seeing and setting the bigger picture meant I took small actions daily whilst sticking with a plan. Becoming unstuck with my conditioning was the key motivation.

Why do you think the course should get funded again?

It helps one become unstuck, and you learn a lot from the course organiser and other attendees.

Confidence Workshop

The date of the workshop – **11/10/24**

What did you get from the session in results and in understanding your mindset beyond doing the Resilience Workshop?

That we are not tied to our conditioning or our past. But we are here to create our future. Saw myself take the actions I needed to bring real change in my life.

Why do you recommend Confidence Workshop in additions to Resilience Workshop, why both instead of just one?

Both go hand in hand. Both offer real insights and offer new ways of thinking about growth and happiness and the freedom to live authentically.

And will you volunteer to assist in future productions of both Resilience and Confidence workshops helping me to create a community of Resilient People in Somers town and Camden? (Yes/no)

Yes

Why will you do that?

I would like to continue to be a new person who is more resilient and confident and not someone who is tied to their past.

At the same offer my support to people who need the tools that can change their mindset.