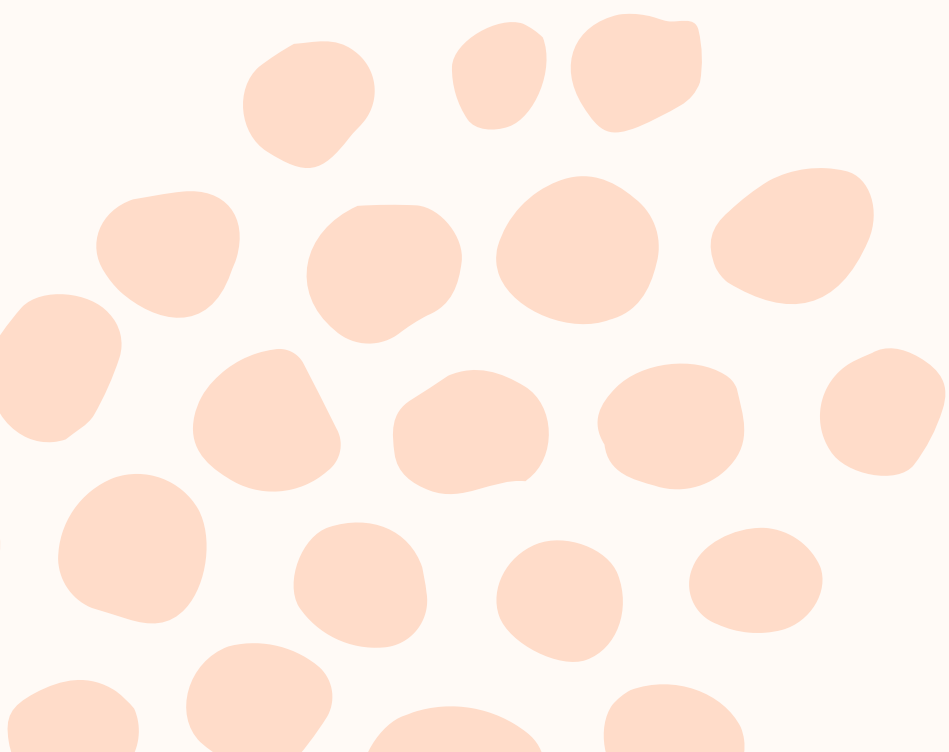




*Resilience through  
volunteering*

Anaïs Latur

About me



# About me

My name is Anaïs Latur and I am from Spain. This year, I am an ESC volunteer at INEX Slovakia, and as part of my project, I had to create an interesting workshop.



After much thought, I decided to connect two topics that I love: **resilience** and **volunteering**.

About my workshops





# About my workshop

## THE STRUCTURE

The workshop lasts for 45 minutes and combines both theoretical and practical elements to enhance understanding.

I also share my personal experience at the end.

## GOALS I WANTED TO REACH

My goal is to help people discover what resilience is and how they can improve this ability through volunteering and apply it in their lives.

My workshops  
in practice



# My workshop in practice

## THEORETICAL PART

I explain what is resilience and a bit of story (from where this term comes from) to understand better the meaning.



10' of explanation

# My workshops in practice



## Dynamic Resilience, resi... What?

Participants will have to write down a brainstorming of *resilience*



## Dynamic building the tower

Participants will build the tower of *resilience*



## Dynamic Resilience Rope

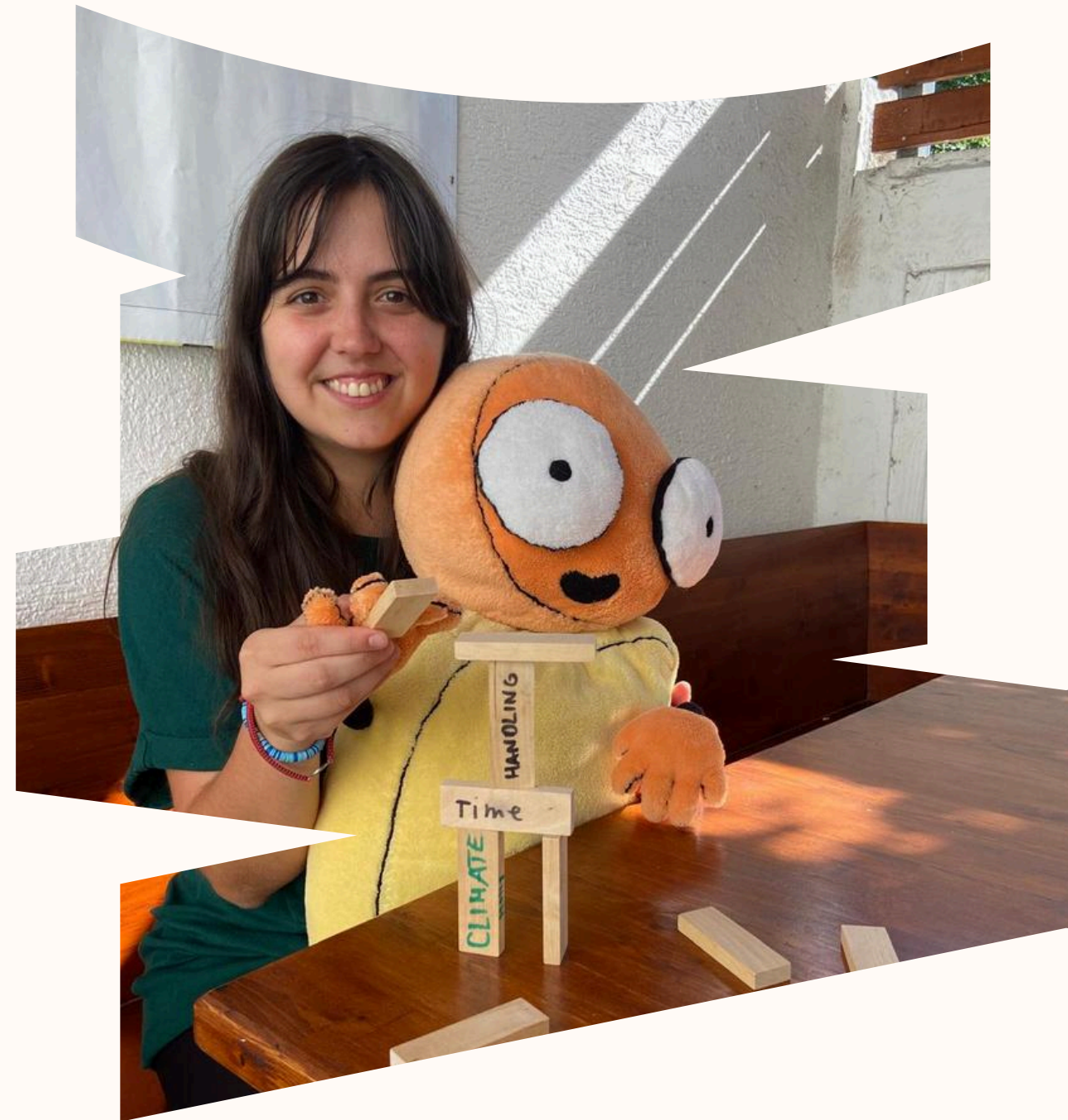
Participants will explore different situations to become resilient



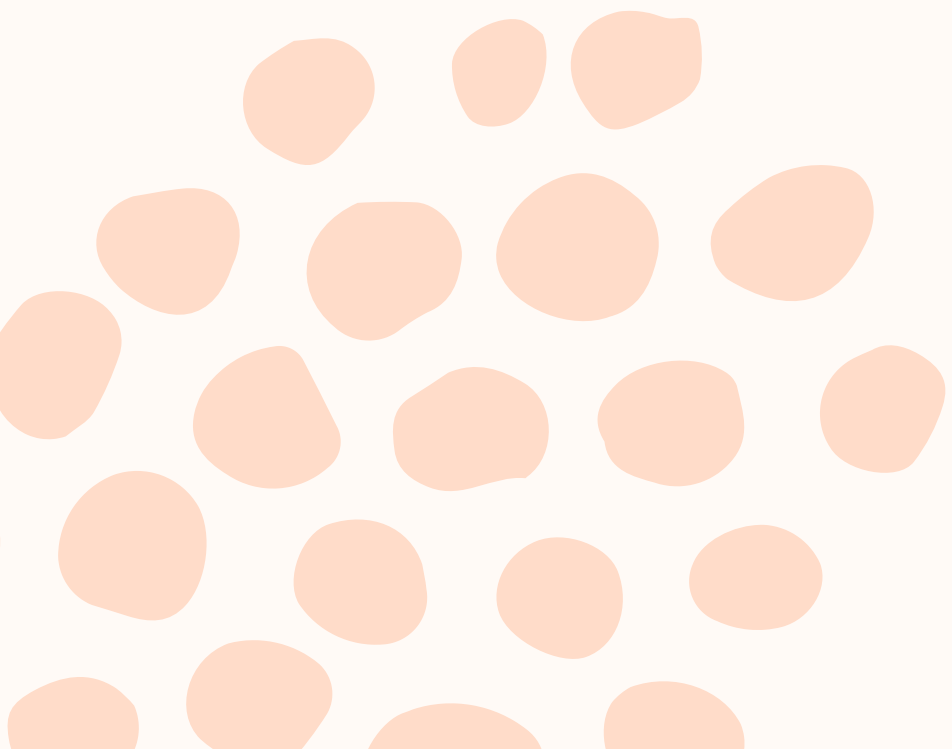
# My workshops in practice

## FINALLY...

I will explain my experience being a volunteer and how I could incorporate resilient mechanisms and apply them into my life.



Best moments



# Best moments





*Thank  
you*