

# Resilience Training for Community Volunteers

## Strong Not Tough

'Strong Not Tough' is the adult version of the international FRIENDS programme, developed in Australia.

This training will provide individuals with a toolbox of evidence-based approaches designed to enhance their emotional resilience and manage stress more effectively.

These tools will help individuals improve their self-awareness, enhance their emotional literacy, empathy skills and improve peer relations.

Healthy Wexford are offering this course to community leaders across County Wexford. The learning and concepts of the programme using the CBT approach provides an invaluable skillset to share with the wider communities, in their homes, clubs etc.

Supported by:



Healthy  
Wexford



Rialtas na hÉireann  
Government of Ireland



*The Healthy Ireland Fund supported by the Department of Health*

Course delivered by



3<sup>rd</sup> October 2024

10am to 5pm

Riverside Park Hotel  
Enniscorthy

Pre-Booking required:

Expressions of interest to

Annette Dupuy

[annette.dupuy@wexfordcoco.ie](mailto:annette.dupuy@wexfordcoco.ie)

087-6095565