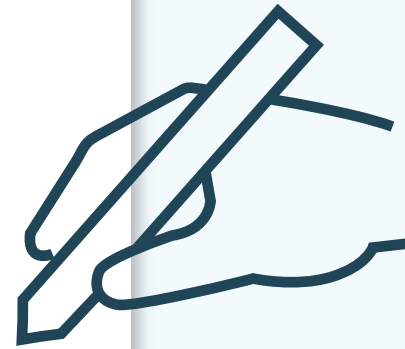




# Facilitator Pack for the Resilience Awareness Programme



# Facilitator briefing

1



How should the resilience videos be used?

2



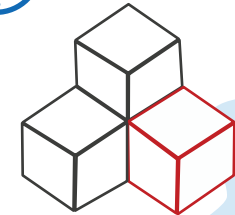
How should the questions be discussed?

3



What are the facilitators not responsible for?

4



What are the resilience awareness modules?



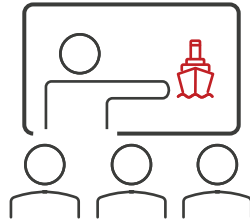
# How should the videos be used?

1.



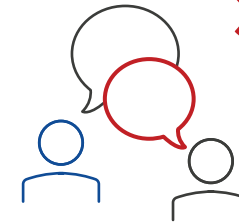
The video module operation is simple, and the part of the facilitator easily carried out. They're developed to be concise, provide a consistent message, and minimal facilitation.

2.



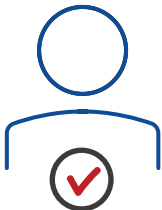
The facilitator gathers the attendees, plays the video and pauses it when instructed, and starts it again at the end of the discussions.

3.



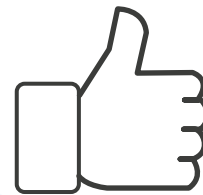
Once the conversation draws to a natural conclusion, or if there is none, restart the video.

4.



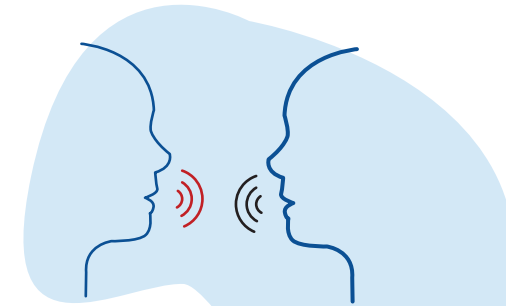
The facilitator will record the list of attendees so they can be entered into training records.

5.



The facilitator should be positive about the programme and help attendees appreciate that it is meant to be beneficial for everyone.

6.

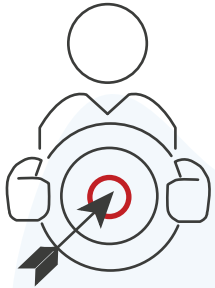


The questions posed by the videos are for open and relaxed discussion and feedback, and all opinions should be respected.



# How are the issues to be discussed?

1.



The facilitator should try to keep the conversation around the video material and avoid unrelated topics.

2.

All conversation should be respectful and confidential, nothing is to be recorded or shared outside the session.



3.



The facilitator should not try to force answers or discussions from any of the attendees, and it is essential that no one is made to feel uncomfortable.

4.

If someone is reluctant to discuss the questions, this is perfectly acceptable. The videos provide relevant conversations from others in the industry.

5.



The conversation is to encourage some thought and understanding for attendees to reflect upon.

6.



Some attendees will need more time to think about and recognise the factors which relate to them personally.

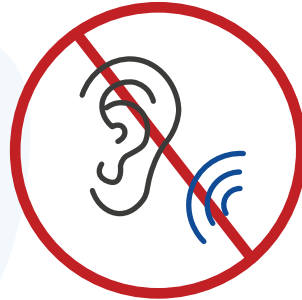
**Remember:  
This is not a test  
and there are no  
right or wrong  
answers.**



# The facilitator should not...

1.

Be a coach or amateur psychologist – simply one of the attendees that looks after the logistics of the session.



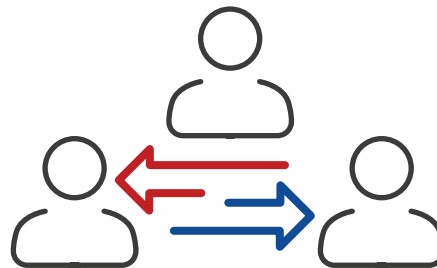
2.

Embellish the video content or offer any personal opinion, as we want to achieve a consistent level of understanding across the worksite.



3.

Need to answer any personal questions that are raised.



4.

Instead, they should point attendees to their supervisor or manager for any personal issues or questions, or alternatively direct them to HR or any of the Employee Assistance Programmes.



# Module breakdown



## Module 1

Helps us to understand ways we can develop our resilience to help us to stay safe.



## Module 2

Encourages us to make safer decisions by teaching us how to keep things in perspective.



## Module 3

Explores how to cope with change and prevent it having a negative impact on safety.



## Module 4

Looks at how taking care of ourselves will help us be safer by being more alert and sharper.



## Module 5

Looks at keeping ourselves safe by reminding us to always think things through before acting.



## Module 6

Summarises the previous modules with some further scenarios to discuss.



# Contact us

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