

Tutor of Resilience

Growing and strengthening personal resources at university

A training program designed to support students in identifying and strengthening their personal resources, managing everyday challenges, and fostering resilience in themselves and others.

The program is based on the **P.E.A.R.L.S. approach**, which draws on six key principles, and includes activities focused on self-awareness, personal growth, and the development of relational skills aimed at mutual support.

Practical information

Format: online

Duration: 4 sessions of 2 hours each

Link: TBA (to be announced)

Dates: 26/02, 05/03, 12/03 and 19/03 from 16:00 to 18:00

Participation: free of charge, with limited places (The workshop will be activated upon reaching a minimum number of participants)

 [Registration Link](#)