

## Resilience Tutor

*Grow and Thrive in Your University Journey*

Where and When

Milan, May 24; June 7 and 14, from 9:00 AM to 1:00 PM

**room G.023 Mons. Colombo**



**Who: Alessandra Cipolla**, is a psychologist and member of the Resilience Research Unit, within the Department of Psychology of the UCSC in Milano. She has developed an expertise in training providers on the resilience approach in emergency settings. Over the last 12 years, Alessandra has implemented resilience-oriented research, capacity building, and interventions in emergency settings. She trains professionals supporting people in difficult contexts and promotes wellbeing through creative, expressive psychoeducational activities. Moreover, she collaborates as a consultant with Child Protection Services. Finally, she is a professor in “Practical Psychological Training” in the Faculty of Psychology at UCSC, in Milano

What

A training program consisting of three meetings designed to help students identify and enhance their personal resources, cope with daily challenges, and promote resilience in themselves and others. Using the P.E.A.R.L.S. approach — based on six key principles — the program guides participants through self-awareness, personal growth, and the development of relational skills aimed at mutual support.

**Become a resilience tutor:** a guide for yourself and for your university community

**Format:** in person

**Duration:** 3 sessions of 4 hours each

**Registration open until spots are filled**

[https://unicatt.eu.qualtrics.com/jfe/form/SV\\_9QqbrZ2ggn2nHue](https://unicatt.eu.qualtrics.com/jfe/form/SV_9QqbrZ2ggn2nHue)