

Cultural Coexistence

A new concept for resilient schools and societies



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01

What is resilience?



Resilience

“It’s your ability to withstand adversity and bounce back and grow despite life’s downturns”
Amit Sood



Resilience skills

Problem - solving

Self - confidence

Flexibility

Responsibility





02



Resilient school





Clarity

- Information circulation
- Resilient environment



Communality

- Parents, teachers, students
- Community responsible for school administration



Administration system

School Board

Consists of members of the community: school staff and parents.

Is dedicated to the pursuit of educational excellence and guidance of overall image of the school

Teachers Council

School Council

Executive body

Students Council

Is responsible for social environment - promotes school spirit and organises social events

Parents Council

Undertakes initiatives in the social realm: financial, dissemination, development, school design working groups.



03

How to cultivate resilience?



Ways to cultivate resilience:

1

Combat Stress

Through meditation
and other relaxing
activities

2

Optimism

Train yourself into
positive thinking.
Believe yourself!



Ways to cultivate resilience:

3

Cultivate gratitude

The more you develop gratitude, the more resilient you'll become.

4

Embrace flexibility

Learn the art of compromise

5

Avoid personalizing

There's no point in engaging in blame



04

Workshop

