



Building the Resilience of Students using 'The Resilience Doughnut'

Monday
Sept 15
5-6pm
AEST



Presented by Dr Lyn Worsley
Senior Supervising Clinical
Psychologist,
Director of the Resilience Centre



Register



Working in schools gives educators the opportunity to help students in a range of ways and in this session, Dr Lyn Worsley is going to introduce us to her scientifically validated model of resilience - 'The Resilience Doughnut' - and how you can use the framework to build resilience in students, efficiently and effectively.

This session is going to teach you how to have a 'strengths based' and 'solution focused' conversation with a student, to build resilience, to navigate challenges and to foster optimism.

Proudly brought
to you by:

THE PRESENTER



Dr Lyn Worsley (PhD., R.N., MAPS)
Senior Supervising Clinical Psychologist,
Director of The Resilience Centre

Dr Lyn Worsley is a highly respected Clinical Psychologist whose career is enriched by her earlier experience in Nursing and Teaching. As the Director of The Resilience Centre in Sydney, Australia, Lyn has led innovative research and training for over 26 years, making a lasting impact on the fields of client-centred and solution-focused therapy. At The Resilience Centre, Lyn works closely with a team of specialist psychologists and licensed trainers to deliver an extensive range of individual therapy, resilience groups, community seminars and training programs for people of all ages and stages. Under her leadership, The Resilience Centre has also pioneered specialised clinics supporting young people with eating difficulties, adults healing from past trauma, and families navigating separation—drawing on a practical, solution-focused family intervention model.

Lyn is widely known as the creator and author of The Resilience Doughnut, a pioneering model that identifies the environments in which resilience is most likely to grow, both in childhood and adulthood. This model has become a foundational ecological framework for resilience and has gained international recognition. Psychometric validation has confirmed its value as a tool for helping individuals pinpoint their strongest and most supportive resources, enabling personalised approaches to mental and physical wellbeing. Her work with The Resilience Doughnut also extends to schools, businesses, health professionals, community organisations and corporate teams - helping groups recognise their available strengths and build a culture of resilience—empowering individuals and communities to thrive together, especially during times of adversity.

In addition to her extensive professional contributions, Lyn earned her PhD in Clinical Psychology at Charles Darwin University, with her research focusing on the social determinants of mental health. Valued and respected for her dynamic teaching style and interdisciplinary expertise, Lyn brings warmth, clarity, and real-world application to her work—making her a sought-after speaker, trainer, and thought leader in resilience and mental wellbeing.

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The Resilience Centre empowers people through strengths based and solution focused approaches. Our therapy, training and research opportunities provide a supportive environment for experiences of hope and growth. Our experienced psychologists and licensed trainers offer comprehensive services to address all ranges of life's challenges. More than just a psychology practice; we are a centre for hope, growth and change. Empowering individuals, couples, families, schools, workplaces, professionals and businesses through a unique blend of diverse services.

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