



Stronger Than You Think

DATE: 18th September 2026

TIME: 2pm – 4pm

SPEAKERS:

- Sherry Hamby
- Tracie Faa-Thompson
- Sai Sai Akhtar
- Tim Woodhouse
- Natalie Collins

NOTES:

- Get Sherry's book:
 - From all good bookshops (especially your local independent one!).
 - Ordered into your local library.
 - Online [HERE](#).
- Resilience Portfolio domains:
 - Meaning Making
 - Interpersonal
 - Regulatory
 - Environmental
- MEANING MAKING DOMAIN QUESTIONS
 - What leads me to hope and optimism?
 - How am I making the world a better place?
 - What positive traditions, celebrations, special times do I have?
 - What ways have I explored telling my story?
- Having an onscreen SWIM
 - Stretch
 - Wiggle
 - Inhale
 - Move
- INTERPERSONAL DOMAIN QUESTIONS
 - People who help me have fun and be social.
 - People I trust with painful stuff.
 - People and things I'm grateful for.
 - People I've made up with after a falling out.
 - People who helped me learn or grow.
 - Places in my community I can connect with others.



- BOOK: I Know Why the Caged Bird Sings by Maya Angelou
- Tracie's organisation: <https://www.turnaboutpegasus.co.uk>
- <https://www.motional.io/blog/introducing-jaak-panksepp/>
- REGULATORY DOMAIN QUESTIONS
 - How can you create open spaces that aren't always structured?
 - What are the barriers to doing that?
 - When did you last bring a sense of play into your work context?
 - When did you last bring a sense of play into your personal context?
- ENVIRONMENTAL DOMAIN QUESTIONS
 - How do you help those you work with/yourself identify safe places now and in the past?
 - Where are some green and blue spaces you could include in your work/life?
 - What things help you/others to connect to nature?
 - Where are the places in your community that help you/those you work with live a good life?
- Documentary Natalie is in:
<https://www.bbc.co.uk/iplayer/episodes/m002qx68/lover-liar-predator>.

Other resources:

- Find out more about the World Association of Resilience Professionals [HERE](#).
- Tracie's co-authored book on Animal Assisted Play Therapy can be found [HERE](#).
- Tim's Churchill Fellowship report can be found [HERE](#).
- Publications about the Resilience Portfolio can be found [HERE](#).
- Our Own My Life podcast is a finalist in the Independent Podcast Awards, find out more [HERE](#).
- Natalie's book can be found [HERE](#).
- You can find out when our next Own My Life training dates are [HERE](#).

You can follow the event contributors on LinkedIn:

- Sherry [HERE](#).
- Tracie [HERE](#).
- Sai Sai [HERE](#).
- Tim [HERE](#).
- Natalie [HERE](#).