

# Social & Emotional Learning

Resilience. Thriving. Wellbeing.



SOCIAL, EMOTIONAL & LEARNING - ACTIVATING CRITICAL PATHWAYS TO RESILIENCE, THRIVING & WELLBEING.

## Activating vital pathways—for life

The journey to adulthood is long and is influenced by many factors. The genetic blueprint, the people who support and shape, the services that surround, and the experiences of the child determine how they get through life. Stress is an inevitable part of life, and the factors that wrap around the child determine whether those stressors will be tolerable and resilience building, or toxic and psychologically damaging.

The **SAFE** teaching of Social and Emotional Learning skills— that is, **Sequenced, Active, Focused, Explicit**—helps each and every child to be and become socially, emotionally and learning resilient and life-ready.

### Practical Training & Learning

A complete immersion, at a practical and contextual level, into the many and complex factors that determine, develop, limit, and grow a child's social and emotional wellbeing. This Training offers a methodology to kick-start positive and lasting change in daily educational process and purpose.

Participants will leave with a toolbox full of knowledge and tools that can be applied immediately to improve outcomes.

### This Workshop Includes:

- Best practice in SEL internationally and nationally
- Regulation and resilience factors based on current neuroscience.
- Immediately applicable classroom and playground tools to achieve change
- Practical know-how on activating wellbeing - every child, every day.



HELEN DAVIDSON

### Learn from the BEST

Helen Davidson (Occupational Therapist, Masters Counselling, Family Therapy) and Claire Orange (BSci Speech Pathology (Hons), Counselling, Family Therapy) bring a collective 55 years of child, adolescent and family therapy to BEST Programs 4 Kids. Both have worked nationally and internationally in health and education and are sought after speakers, experts and advocates in the child, adolescent and family mental health.



CLAIRE ORANGE

Appearing as Channel 9, ABC National Radio and 6PR's parenting and mental health experts, the team at BEST appear weekly as media spokes-people for children and their families.

### To organise a Professional Learning Workshop in your school

Email the BEST Team at [info@bestprograms4kids.com](mailto:info@bestprograms4kids.com)

or visit us at [www.bestprograms4kids.com](http://www.bestprograms4kids.com) and complete the Contact Us form

