

# Ready 4 resilience

Coping. Adapting. Learning. Growing.

## Ready 4 life!



SOCIAL, EMOTIONAL AND LEARNING RESILIENCE - ACTIVATING THE CRITICAL PATHWAYS.

## Digging down into resilience

Being and becoming resilient takes practise, support and repeated opportunities to cope with, adapt to, learn from and grow out of the inevitable bumps along the journey of life. Every day, every child needs to be resilient. Coping with disappointments, adapting to change, learning from mistakes - this is the stuff of home, playground and classroom life-learning.

In the 'school of life' not everyone gets picked to be a leader, is a social butterfly, is a natural scholar, gets invited or included but every child can learn the skills and attitudes to help them to cope, be happy, thrive and flourish.

## Practical Guidance for Parents

A truly successful Parent Workshop explores the 'what's' and also includes the 'what to do abouts' and that's what this Workshop offers. Practical, immediately applicable ideas to help every child and parent to develop resilience.

The Resilience Workshop is a captivating and highly practical exploration of 10 ways to encourage and grow resilience in children - a must for every parent.

## This Workshop Includes:

- Understanding and defining resilience
- Understanding the developing brain and how to exercise the resilience pathway
- Practical, everyday strategies that acknowledge and build resilience
- Specific social, emotional and learning resilience tools.

## Learn from the BEST



HELEN DAVIDSON

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 Parent Workshop in your school or community

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 Workshop booking form

