‘5 secrets to develop confidence and resilience’
Comprehensive workshop to support parents develop resilience and confidence in their child

Parents learn:
• Practical strategies to support their child to build confidence & resilience
• The effective parenting styles that foster resilience
• How to teach their child positive and effective thinking habits
• How to support their child to build a positive self-concept
• The fundamental life skills that all children need to be happy, confident and successful
• The benefits of mindfulness meditation and how to support their child in daily practice at home to lessen stress & anxiety
• About friendship stages throughout primary school and how to guide their child to develop positive relationships and cope with conflict

Parents are supported to teach their child how to:
• Lessen their anxiety
• Cope with life’s ups and downs
• Develop independence and persistence
• Become more resilient
• Develop more confidence
• Solve problems independently and deal with conflict
• Approach life with a positive outlook to create success

Workshop Details
9am – 1pm Thursday 29th May
St. Martin’s Rosanna

• Maximum of 20 parents per workshop
• Supportive small group with enough time to ask questions and receive support
• Parents receive comprehensive reading materials and tip sheets
• Cost: $95 per parent
• Yummy morning tea provided
• Bookings online only: www.wellbeingforkids.com.au (go to bookings tab)
• Please also email your full name and indicate that you would like to book in for the St. Mary’s workshop to georgina@wellbeingforkids.com.au
• Enquiries: Georgina 0419 020 891