

# Dr Justin Coulson Presents- 9 Ways to a Resilient Child.

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“How can I help my child be more resilient?” is a question Dr Justin Coulson, one of Australia’s leading parenting experts, hears regularly from worried mums and dads.

Based on his book, 9 Ways to a Resilient Child, this presentation gives parents practical strategies to help their children cope with the challenges that life throws at them – from friendship problems and bullying to losing a game or failing an exam. Even our home environment and the way that we parent can impact our children’s potential to recover from difficulty.

## PRESENTATION PARTICIPANTS WILL:

- Find out what raises – and what reduces – resilience, such as why common advice like “toughen up princess” doesn’t work.
- Learn the psychological secrets that will build your child’s capacity to bounce back, stronger and more resilient than ever, including the ability to think flexibly, exercise self-control, and make safe and healthy choices.
- Discover the powerful impact of family, relationships, school and community, on resilience.
- Unpack the most effective, evidence-based ways to support your child develop greater resilience.

## WHO IT’S FOR?

Every parent or caregiver, as well as teachers, grandparents, and anyone who looks after children.

**When:** Thursday 13<sup>th</sup> June 2019

**Time:** 7pm- 9pm

**Where:** The Auditorium, Glen Eira City Council, Corner Glen Eira and Hawthorn Roads, Caulfield

**Cost:** \$25.00

**Bookings at:** [https://9\\_ways\\_to\\_a\\_resilient\\_child.eventbrite.com.au](https://9_ways_to_a_resilient_child.eventbrite.com.au)



Dr Justin Coulson is one of very few people in Australia with a PhD in Positive Psychology - and the ONLY person in the country (and almost the world) whose PhD includes a careful look at the intersection of Positive Psychology and relationships, particularly in family life.

One of Australia’s most respected and popular corporate and education keynote speakers, facilitators, authors, and researchers, he has spoken to and worked with tens of thousands of people aiming to improve relationships, meaning, and wellbeing in leadership, education and especially in family life.

Presented by:

