What helps to make a child resilient?
Ways to build resilience; Optimism; How to think optimistically
Hints to avoid harmful stress
Seven steps for creating resilient families
Celebrating the spirit of resilience
Helping kids bounce back
From surviving to thriving
Creating resilient learners
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Exploring Resilience
what resilience is?
Is it a quality in the child himself?
Is it an interactive process, environment vis a vis individual?
Do some children “not have what it takes” to cope with adversity?

Program:
Welcome, introductions and program overview
Building blocks of resilience Childhood and adolescent resilience
Raising resilient children; Resilient, confident kids Culture and resilience
Developing resilience at every stage of a young person
Coping skills (resilience)
Cope with adversity Resilience: risk and protective factors