Developing Resilience in Children and Young People: Three day residential for Train the Trainer Program

A batch of 20 Trainers per Program

• 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?

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

Three day residential for Train the Trainer Program
A batch of 20 Trainers per Program
Enquire dr.venkat.pulla@gmail.com

2 Day Program
9.30am—5.30pm
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

A Dr Venkat Pulla Designed presentation with local human services and teaching professionals

www.strengthsbasedpractice.com.au