

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

A batch of 20 Trainers per Program



Children and Adolescents Series

## 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

- 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*

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