



Resilience

Developing strength, calm and kindness in our kids

In this **FREE** session, parents will learn the psychological secrets that build their child's sense of identity, strengths, and growth mindset in order to perform better, be happier, and build resilience. Dr Coulson explains the factors that help and hinder resilience, why common advice such as "toughen up Princess" just doesn't work, and how competition and praise may undermine resilience.

**For parents of school aged children.
Light refreshments included.**

WHEN & WHERE

Thursday 18 July 2024

10:00am – 11:30am

The Esplanade Hotel Function Room
30 Marine Terrace, Busselton

TO BOOK

<https://bit.ly/SWJUSTIN2>

About Dr Justin Coulson

Justin is the co-host and parenting expert on Channel 9's Parental Guidance, the founder of happyfamilies.com.au, and one of Australia's most trusted parenting experts. He holds a PhD in Positive Psychology.

Over the past decade he has helped innumerable families with his 9 books about raising children, his hundreds of media appearances and two viral videos that have been viewed a combined 80 million times!

Enquiries: Esther Schipp

T: 08 9720 9200

E: Southwest.PCWA@anglicarewa.org.au

Supported by