

# Student Wellbeing Workshops

*Empowering children and families to create ongoing change*



## Tribe.

Navigating Friendship problems  
Responding to Mean Behaviour  
Protecting your Social Power  
Assertiveness, Perspective & Empathy  
Healthy Friendships



## Grit.

Resilience & Mental Flexibility  
Understand the power of everyday behaviour  
Developing a growth mindset  
Taking ownership & developing self control  
Gratitude & Compassion



## Fearlings.

Understanding Worry & Anxiety  
Strategies to take back control  
Big emotions & their importance  
Cognitive strategies for helpful thinking  
Mindfulness & Thought Sushi



## Staff PL or Parent Seminar (evenings available)



Empowered Kids (resilience)  
Understanding Anxiety in Children  
Navigating Friendships & Mean Behaviour  
Risky Play  
Separation Anxiety  
Let's Talk about Behaviour

**1.5 hr Seminar**  
**\$880 + gst**

To discuss your school's unique needs  
contact Lisa Ford, Clinical Psychologist on 0411117765  
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