



# Developing Resilience in Children



## What a parent can do to build resilience

This workshop helps parents gain knowledge about resilience, looks at how it is developed and what external factors can affect resilience. It also looks at how to promote your child's resilience and examines what resources are available to parents.

The 1-hour session covers topics such as:

- What is resilience?
- Why is it important?
- What are the factors associated with it?
- 7 learnable skills of resilience
- The overall model of resilience
- The protective factors associated with resilience

**When: Friday 13<sup>th</sup> August 2021- 9:00am-10:00am**

**Where: Online via Zoom. Please register on the below link:**

<https://events.learninglinks.org.au/6FEIjp6/4aI56FThgl>

