

Developing resilience in children

Building resilience is a key way to promote and sustain good mental health and well-being.

Despite risk and challenge factors, children and young people are able to overcome adversity. These individuals have the ability to bounce back.

The identification of protective factors and access to programmes of support that develop resilience is paramount.

The importance of creating a resilient staff team and a whole school approach based on the philosophy and approaches emerging from Positive Psychology has to be a prime objective for all those working with children and young people.

This training along with its practical activities and exercises will support participants to make use of a range of key tools and approaches from evidence based approaches such as Solution-focused frameworks and cognitive behavioural approaches.

Led by Lisa Sabotig (Educational Psychologist)

COST: £70 (to include lunch)

Please contact Joyce Rothschild for places.

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**Tuesday 27th February 2018
9:30am - 4:00pm
Sans Souci Training Centre**



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