

## **DR JUSTIN COULSON PRESENTATION**

### **About Justin**

Justin is the author of two best-selling books: *21 Days to a Happier Family*, and *9 Ways to a Resilient Child*, as well as numerous empirical book chapters and peer-reviewed journal articles.

Justin has worked with The Commonwealth Bank, American Express, the Office of the Children's E-safety Commissioner, The Federal Government's Department of Social Services, Life Education, and dozens, if not hundreds, of schools.

Justin is an Honorary Fellow at the Centre for Positive Psychology at the University of Melbourne's Graduate School of Education, and a Senior Associate at the Positive Psychology Institute.

In addition, Dr Coulson writes a weekly parenting advice column for Sydney's Daily Telegraph, appears regularly on The TODAY show and he is the parenting expert at [kidspot.com.au](http://kidspot.com.au) – Australia's #1 parenting website.

### **About the Presentation**

#### **9 WAYS TO A RESILIENT CHILD**

"How can I help my child be more resilient?" is a question Dr Justin Coulson, hears regularly from worried mums and dads.

This presentation gives parents practical strategies to help their children cope with the challenges that life throws at them – from friendship problems and bullying to losing a game or failing an exam. Even our home environment and the way that we parent can impact our children's potential to recover from difficulty.

#### **PRESENTATION PARTICIPANTS WILL:**

- Find out what raises - and what reduces – resilience, such as why common advice like "toughen up princess" doesn't work.
- Learn the psychological secrets that will build your child's capacity to bounce back, stronger and more resilient than ever, including the ability to think flexibly, exercise self-control, and make safe and healthy choices.
- Discover the powerful impact of family, relationships, school and community, on resilience.
- Unpack the most effective, evidence-based ways to support your child develop greater resilience.

#### **WHO IT'S FOR?**

- Every parent or caregiver, as well as teachers, grandparents, and anyone who looks after children.

#### **PARENTS AND CAREGIVERS WHO ATTEND THIS PRESENTATION**

##### **WILL:**

- Identify and develop new strategies to support their children in tough times
- Learn better ways of speaking to encourage children when they struggle without being a 'soft-touch'
- Discover a better relationship with their children (and other relationships will get better too!)
- Enjoy a better understanding of their child's emotional world