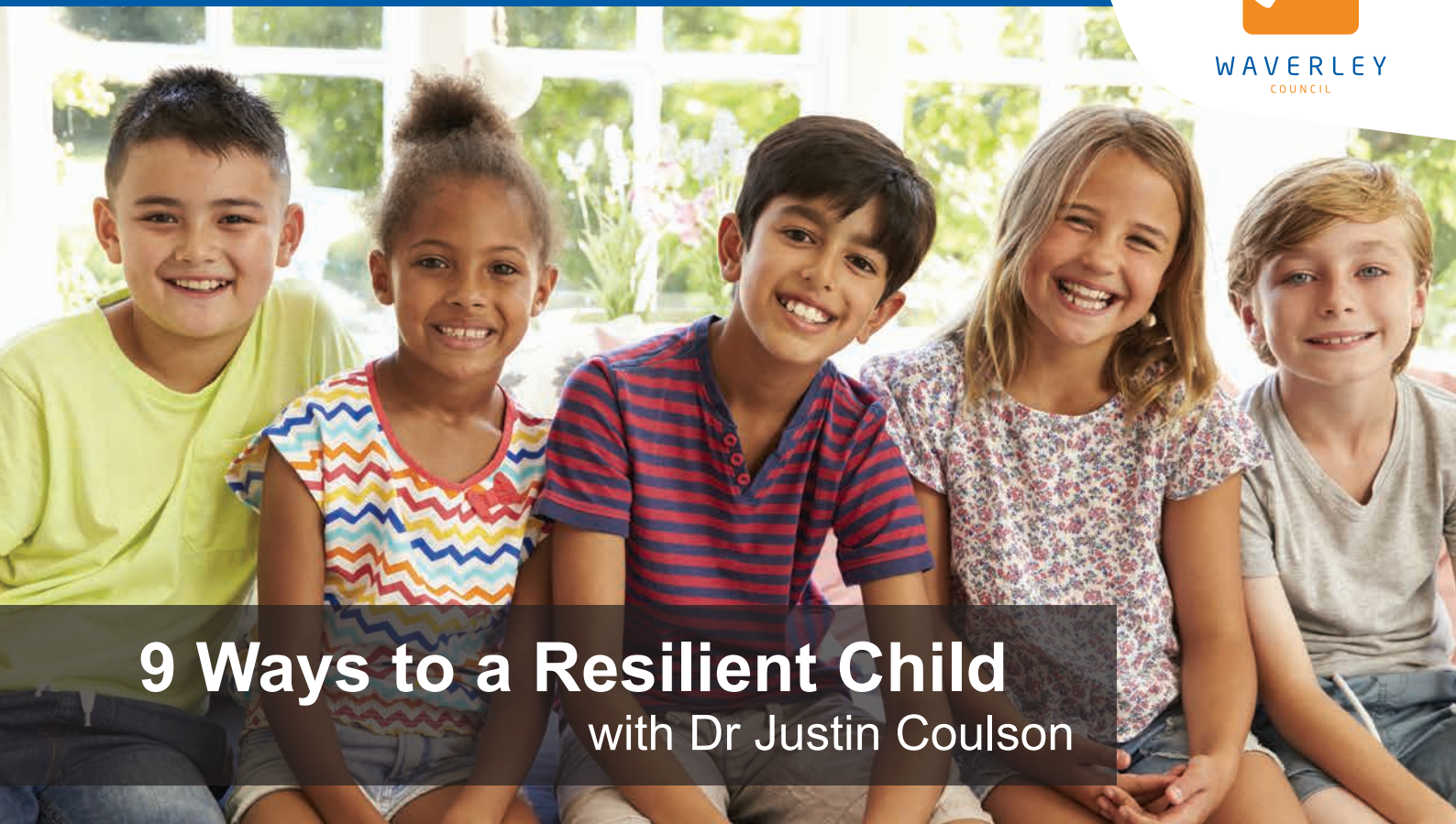




WAVERLEY
COUNCIL



9 Ways to a Resilient Child

with Dr Justin Coulson

Join **Dr Justin Coulson**, author of *10 Things Every Parent Needs to Know* and *9 Ways to a Resilient Child* for an evening of practical strategies to help your child cope with the challenges that life throws at them as they enter their high school years – from friendship problems and bullying, to failing an exam.



- Discover the powerful impact of family, relationships, school and community on resilience.
- Learn what will help 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.
- Practical tips around keeping your child safe online.

This presentation is suited to parents and caregivers who want to help children aged 10 – 13 to be more resilient as they transition to high school.

When 7 – 9pm Wednesday 4 April 2018
Where Community Room,
Margaret Whitlam Recreation Centre,
47 Bondi Rd (in Waverley Park)
Bondi Junction NSW 2022

Cost \$24.20
Bookings Eventbrite
Event information 9083 8936



DR JUSTIN COULSON

is one of Australia's most respected relationships speakers, authors and researchers.

Obsessed with what makes relationships flourish, Justin has spoken to tens of thousands of people about relationships in leadership, education, and especially in family life.

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. He's also just released his fourth book '*10 Things Every Parent Needs to Know*'.

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 you'll hear him several times during the week on various radio stations.

Most importantly, Justin is an expert in wrestling (his) children, reading Dr Seuss, sliding down steep hills on cardboard boxes, and teaching his children to ride bikes. He and his wife Kylie are the parents of six children and live in Brisbane.

Parents and caregivers who attend this presentation will:

- Identify and develop new strategies to support your child 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
- Experience a happier home where everyone looks forward to being together

More information about Justin Coulson at <https://www.happyfamilies.com.au/>