



# THE WAY

TERM 2 | THE WAY  
NEWSLETTER | FRIDAY 10  
MAY 2024

ANSWERS

with Dr Justin Coulson

## Resilience

*Developing strength, calm,  
& kindness in our kids*



### RESILIENCE WEBINAR

#### **Developing strength, calm and kindness in our kids**

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

In this session, parents will learn the psychological secrets that build their child's sense of identity, strengths, and growth mindset in order to perform better, be happier, and build resilience.

Based on Dr Justin Coulson's best-selling book *9 Ways to a Resilient Child*, this session shows parents how to help their children cope powerfully and positively with the challenges that life throws at them. This presentation is one of Justin's most popular ones with powerful stories and illustrations that every parent can relate to. He explains the factors that help and hinder resilience, why common advice such as "toughen up Princess" just doesn't work, and how competition and praise may undermine resilience.

**Tuesday 14 May 2024 at 7pm AEDT**

Topic: Resilience: Developing strength, calm and kindness in our kids

You can register for the webinar with Dr Justin Coulson by clicking the [link here](#)

