THE WAY

TERM 1 | THE WAY NEWSLETTER | FRIDAY 7 MARCH 2025

DR JUSTIN COULSON PRESENTS

Is your child struggling with setbacks? Do you worry they're not equipped to handle life's challenges? "How can I help my child be more resilient?" is a question Dr Justin Coulson, renowned parenting expert, often hears from worried mums and dads.

In Resilience: Developing Strength, Calm & Kindness in Our Kids, Dr Justin will be sharing his groundbreaking approach to building resilience in children. You'll learn the psychological secrets that build your child's sense of identity, strengths, and growth mindset in order to perform better, be happier, and build resilience. Discover practical strategies to help your child thrive in the face of adversity and reduce your own parenting stress.

Dr Justin will explain 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.

Using powerful stories and illustrations that every parent can relate to, this session will show you how to help your child cope positively with the challenges that life throws at them.

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John Lambert Auditorium
Date: Thursday 27 March, 2025
Time: 6:00pm
Parking will be available onsite

This is a free event, bookings are now open and are essential.

Book Here

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