

RESILIENCE MATTERS: POST COVID



"Parents are a child's first and most important teacher"

RECOGNISING & IDENTIFYING RESILIENCE WHEN IT MATTERS

Resilience and adaptability are characteristics that have helped us survive and thrive for centuries. This year has certainly tested these abilities. Many changes have had to be made quickly. Parents have had to manage all of them whilst keeping their job and the emotional wellbeing of their family in tact. As the crisis is beginning to subside, we must cope with the feelings we have been bottling up. Part of this process will mean taking time to consider lessons learned. Resilience is our ability to bounce back...and we will bounce back. In this seminar, we will speak about honouring our challenges and acknowledging how we have overcome them. We will speak about identifying that resilience as a source of strength for the challenges yet to complete. We will begin to understand what we can take from this extraordinary passage of time, for both parents and children alike.

SESSION OUTLINE

- Defining what resilience is and how it can look for all ages
- Using storytelling as a tool for healing and learning even when the story isn't complete
- Evaluating self-talk and our communication with others
- Shining a light on anxiety to remove the negative impact it has in our lives
- Useful, realistic and effective tools for children and adults that will help them bounce back ready and able to experience the world again
- Turning negative experiences into positive learning
- Establishing a family gratitude practice

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions & signposting for future support

Gwendolyn Jones (Speaker)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.