

# Raise Resilience



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## A six-session course for parents

Help you and your children to develop the mental resilience needed to face setbacks that will inevitably come throughout life.

With your help your children can learn to look after their emotional wellbeing, feel able to navigate life effectively, and thrive.

### Course Content

- ✓ How brains work, the link between thoughts, feelings and behaviour
- ✓ The role of flexible thinking and optimism during times of uncertainty
- ✓ How children can gain more control over how they feel and behave and develop more empathy for themselves and others
- ✓ Breaking the nagging and bickering cycle and connecting with your children over the really big issues

### Course Highlights

- ✓ Six, 1-hour sessions
- ✓ Downloadable activities Lifetime access to recordings