



PARENT TALK

**‘RAISING RESILIENT CHILDREN,
APPROACHES FROM POSITIVE PSYCHOLOGY’**

By FIONA FORMAN

B. Ed., M.Sc. Applied Positive Psychology, author of *Weaving Well-Being & Welcome to Well-Being*

Scoil Naomh Eoin

Wednesday 15th September 2021

Webinar: 7.30pm – 8.45pm

Resilience means being able to cope with life’s disappointments, challenges and problems. We want our children to be resilient so that they are prepared for the normal stresses and upsets that are part of life.

Fiona will share ideas on ways to give our children the support and skills they need to become resilient, thrive and flourish, despite life’s challenges.

