

Understanding & Supporting Adolescents by Developing their Resilience



Presented by Greg Mitchell

Parents, Year 11 & 12 students and teachers are invited to an evening with Greg Mitchell

Community Event
Everyone is welcome!

Wednesday 14th March, 2018

7pm to 9pm
Albert Park College
83 Danks Street, Albert Park
\$20 per person (at the door) NO EFTPOS



Book your place!

Email rick@criticalagendas.com.au
Include your Name, No. Tickets required and Date attending.
Collect and pay for tickets at \$20 each on the night.
Enquiries: Ph. 0433 616 771

Testimonials

My husband and I went last night. We can't thank you enough for giving us this night of 'fearless reality'.

Greg Mitchell had an engaging, enthusiastic, motivated, helpful, inspiring, thought provoking, humorous, honest, sharing, giving, caring, open, frank, concise, bulls eye target into his presentation of parenting for those lucky enough to make it last night. And, this lasted for two hours!

- Sharon Munroe, Parent, St Brigids College, Perth

Greg, Thank you very much, your presentation at the Western Australian Council of State Schools Association conference was the most memorable speech of the whole event.

- Tanya Gibson, Parent

Developing resilience is a personal journey but many of our adolescents don't know the way!

The destination adolescents need to head for is ... emotional awareness and the ability to regulate your moods

- be able to control your impulses
- have an optimistic mindset
- be a flexible and accurate thinker
- show empathy towards others
- believe that you can achieve things and
- seek help when you need it.

Unfortunately everyone who reads this knows adolescents who have lost their way on some if not all these points.

This presentation shows you not only the what of resilience but the how to teach it to adolescents who are in what Julian Barnes calls the double negative of no longer being allowed to be children, and not yet capable of being adults.

This presentation will help you develop simple tools to

- Teach emotional mastery without fancy words.
- Widen emotional vocabulary.
- Help them pause and make good decisions when under stress.
- Assist them to develop empathy and understanding.
- Support them when events cause them pain.
- Resolve conflicts and fight injustice with grace not violence.
- Create ongoing opportunities to talk and discuss the problems of their lives.

P.N. 2 PD Hrs for Teachers (V.I.T Accredited)

About the Presenter

Greg Mitchell has worked with adolescents for nearly forty years as a parent, a teacher, a grandparent and an educational consultant, Greg works with schools throughout Australia to develop teaching programs and behaviour management responses that empower adolescents to become positive young adults who are strong, capable, balanced and nurturing.

In this presentation he brings all of his experience, creativity, zest for life, wisdom and humour to create a memorable night for all.

Thank you for reading so far down the page ...
if you made it this far, you will truly enjoy this presentation.
A must event to put into your diary!