

Resilience Workshops

A brilliant hands-on resilience session for parents and students presented by **Strength Heroes**.

- Date:** Thursday 13 September 2018
- Times:**
- **9:00am - 9:50am** Year 2 Parent /Student Workshop
 - **10:00am - 10:50am** Year 3 Parent /Student Workshop
 - **11:20am - 12:10pm** Year 1 Parent /Student Workshop
 - **1:00pm - 2:30pm** Year 5 Parent /Student Workshop
 - **5:30pm - 7:30pm** Parents only Workshop
- Location:** Quintilian Maker Space room.
Wine and cheese on arrival at evening session.
Please arrive early so session can start promptly.
- Cost:** \$10
- Bookings:** <https://www.trybooking.com/XWLC>



The series of workshops will give participants a better understanding of our reactions to mistakes, how we think and give us tools to react better.

They will also challenge children to accept mistakes as part of learning and will promote resilient thinking and behaviour that supports a growth mindset. A fun play experience that provides modelling for real life challenges through hands on thinking – thinking!

Strength Heroes- Art of Resilience

<https://www.artofresilience.com.au/strengths-heroes>