



THE SECRETS TO SUCCESS: Cultivating Grit in Kids

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS TALK:

Increasingly, more children feel overwhelmed and unequipped to cope with the 21st century landscape and as a result, they are less motivated and less passionate about their life goals. Grit is different from resiliency. Grit is the ability to persist in something you feel passionate about and persevere when you face obstacles.

JOIN US TO LEARN:

- Gain a solid understanding of what grit is, and the importance of fostering a growth mindset in children.
- Be introduced to the importance of such as emotional regulation and discipline strategies which nurture grit in children.
- Be equipped with practical tools that can be implemented with children to improve their overall resilience and perseverance within the home and school environment.

