



# RESILIENCY IS THE NEW HAPPINESS: Raising Resilient Children

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

## ABOUT THIS TALK:

**According to the World Health Organisation (WHO), stress is the 'health epidemic of the 21st century'.** The question is: how do we equip and prepare our children for this 21st century reality? The key competence is: resilience. Resilience is the ability of a person to adjust to adversity and move forward in a positive manner. Some children cope with stressful situations and mounting pressures better than others. This ability is mainly due to these children being more resilient. The good news is that resiliency is a skill and can be taught - and there is no better time to teach it than in childhood.

## ATTENDEES WILL:

- Gain an understanding of the importance of resiliency for 21st century children.
- Be introduced to the, "I am, I have, I can" model.
- Walk away with skills and strategies to equip children with the ability to face life's challenges.