‘5 Secrets’
to develop confidence and resilience
Including the benefits of Mindfulness
to boost resilience!

7pm Tuesday
28th February
St. Joseph’s Chelsea

Parents learn:
• Practical strategies to support children to build confidence
• Effective parenting strategies that foster resilience
• How to teach their child positive and effective thinking habits
• How to set limits and discipline at home using positive parenting strategies
• Setting limits at home with technology and encouraging free creative play
• Fundamental life skills that all children need to be happy, confidence and successful
• The benefits of mindfulness meditation and how to support their child in daily practice
  at home to lessen stress & anxiety

Parents are supported to teach their child how to:
• Lessen their anxiety
• Cope with life’s ups and downs
• Develop independence and persistence
• Become more resilient and confident
• Develop healthy friendships
• Solve problems independently and deal with conflict
• Approach life with a positive outlook to create success

To register for this seminar click here:
https://goo.gl/forms/lxM0ExZmRWvv8k2N2

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