

Boosting Resilience in children and Teens
A talk for parents/carers and professionals
by Dr Kathy Weston

Dr Kathryn Weston is one of the national experts on parental engagement in children's lives and learning. She is the author of *Engaging Parents* by Bloomsbury Press (2018) and regularly writes, blogs and talks on all matters relating to parenting, education and family life. See: www.drkathyweston.com



Resilience is a popular term these days. Everyone seems to be striving to bolster their personal resilience and to boost the resilience of our offspring or the children we work with.

In this important talk, Dr Weston will:

- Explain exactly what it meant by 'resilience' and why it matters;
- Talk about the important role of parents, carers and teachers in cultivating young people's resilience;
- Share practical, evidence-based tips and strategies for boosting resilience.

This talk is for busy people who need to access evidence-based practical tips that really work. There will be plenty of time for Q&A plus discussion following the talk.

Date: Wednesday 20th March 2019 Time: 7.00 pm - 9.00 pm

Venue: Townsend Church of England School
High Oaks, St. Albans, AL3 6DR

***No parking available on school grounds –
Use Public Car Park in Toulmin Drive, just 2 mins walk away.***

Training is FREE to parents/carers living within DSPL7 (St Albans, Harpenden & Villages)
and professionals working within DSPL7.

Booking is essential as places are limited. Please book, either by phone
01727 853134 Ext 244 or email admin@dspl7.org.uk