



## **Social Skills & Resilience Workshop for Children**

**Important life skills, learned in a fun & exciting way over 3-days**

**(Mon-Wed) 15-17 APRIL 2019, 10.00am -2.00pm**

Conducted over 3 sessions by two experienced child therapists, **Donna & Jeff Bedells**.

This workshop is for children aged between 7 & 12 years old and the skills covered in this programme are well recognised and have been carefully developed over the last twenty years.

The fundamental skills covered are:

- Being less reactive to the silly and annoying things around you - Smart ignoring;
- Making sure you are showing you are listening – Active listening;
- Emotional self regulation and calming yourself down – Chilling out the hot feelings;
- Reading social cues - e.g. picking up on when other kids are annoyed at you;
- Being positive – using Huggles/Compliments;
- Not “big-noting” yourself;
- Not taking yourself too seriously – being able to laugh at yourself;
- Joining in with others;
- Making collaborative group decisions – working in a group, getting your ideas out there, getting the balance between ‘your way’ and ‘their way’ and when to ‘let it go’;
- Assertive conflict resolution (e.g. making deals, compromising, persuasion, etc.);
- Dealing with teasing and bullying.
- Anti-sulking mechanisms.
- Resilience skills building to help children manage anxiety and “bounce back”.

The fee of \$350 per child is **due before Thursday 4 APRIL 2019**,

but **registration may close earlier** if all positions are filled.

**Registration is made only by full payment AND sending the attached registration form to:**

**[info@embleyhouse.com.au](mailto:info@embleyhouse.com.au)**

Please note:

- **BYO LUNCH** – please bring something NOT needing preparation/warming;
- Parents **MUST** give permission for the child to cross the road (under supervision) to the school oval and the child must **bring a HAT & SUNBLOCK each day**;
- If insufficient enrolments are received by the **due date** we reserve the right to cancel the event & a full refund will be given.

More details on the registration form or by contacting...

Donna Bedells on [donna@embleyhouse.com.au](mailto:donna@embleyhouse.com.au) or 0404 077 966

Jeff Bedells on [jeff@embleyhouse.com.au](mailto:jeff@embleyhouse.com.au) or 0437 524 802