

Helping Children Thrive during Stressful Times

Our level of Resilience is something we have all had tested of late - but how can we foster this spirit in

What are the Benefits of this series;
Gain insight & affirm practice for strategies to use when
Building Resilience in others

PART 1 Facilitating Safe Environments

- Building an optimistic mindset in children to grow coping strategies
- Balancing challenging experiences & facilitating success
- Growing through disappointment & strategies to guide self reflection

PART 2 The Impact of Social Media on children

- How to help children navigate strong & sometimes uncomfortable emotions to have a voice through a play based curriculum

PART 3 Collaboration with Community

- Strategies to assist families with parenting challenges in our present time & Connection during social distancing

PART 4 There is an I in Team

- Neuroscience of fear & Nurturing a positive mindset for everyone
- Re-regulation and self-care to be present
- The power of multisensory spaces in managing anxiety

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45min ZOOM SESSION/S WEBINAR SERIES

Live Zoom Sessions every Thursday in May @ 10.30am

(Recorded sessions available if times do not suit)