

# Resilient Children: Approaches from Positive Psychology

## Hearts like Wildflowers

*I hope you are blessed  
With a heart like a wildflower.*

*Strong enough to rise again  
after being trampled upon  
tough enough to weather  
the worst of the summer storms  
and able to grow and flourish  
even in the most broken places*

*Nikita Gill*

**How can we build resilience in children, to help them to flourish and thrive despite the inevitable challenges of life?**

This course will share research, ideas and insights from the field of Positive Psychology, which is the science of well-being, to help to answer this question.

The key roles of both teachers and parents in this process will be explored. Participants may then use this training with their staff and parent groups, as they will receive two presentations which may be shared in group settings.

**Facilitator: Fiona Forman** (Primary teacher, co-author of *Weaving Well-Being*, well-being researcher and trainer, M.Sc. student in Applied Positive Psychology)

**Venue: Drumcondra Education Centre, Dublin 9**

**Dates: Wednesday 11<sup>th</sup> October & Wednesday 18<sup>th</sup> October**

**Times: 7.30 – 9.30 pm**

**Cost: €50**

**Booking: Email [fiona.forman@gmail.com](mailto:fiona.forman@gmail.com) or contact 087 6327500**

