



Nathan Burke’s Resilience Program

Monday, 23rd July -6:30pm to 8:00pm (Old Hall)



MEPS is very excited to invite you to the complimentary Resilience Program for the whole school community, led by Nathan Burke Consulting. This presentation is driven by our overarching school goal to build **Mindful, Empathetic, Positively Skilled kids**.

Nathan Burke will cover these topics with our parents and wider community. This presentation will be invaluable for providing practical strategies to use at home:

- *Explain the traditional definitions of 'Resilience', talk about our capacity to recover from difficulties or to bounce back from challenges.*
- *When truly resilient kids step into a situation, they have a sense they can figure out what they need to do and can handle what is thrown at them with a sense of confidence. Therefore, resilience is less about 'bouncing back' and more about a set of skills they can apply to all facets of their lives.*
- *Developing these skills takes practice, regularity and consistency, at school and at home. When adults guide and importantly role model resilient skills, children are far more likely to also adopt them.*
- *For this reason, our Resilience Program will engage the adults, kids and teachers in a complete program.*

The whole school program will be three-fold as outlined below.

Part 1 – Teacher Presentation

This initial session is designed to give the teachers an overview of the content including the 4 key modules:

1. Attitude
2. Gratitude
3. Personal Responsibility
4. Mindfulness

Part 2 – Student sessions

The aim of each session is to introduce the Resilience Program x 4 key modules to the students. These will be interactive sessions where the students are learning the basic premise of each module then undertake an activity that can be followed up in the classroom by the teachers. Duration between the modules will be assessed through the program.

Part 3 – Parent/Guardian session

It is vital that the work being delivered by the program and teachers is reinforced in the home if students are to gain full benefit. This requires parents and guardians to understand the modules also.

As part of the program implementation, an information session is being run free of charge to parents/caregivers on:
Monday, 23rd July, 6:30pm to 8:00pm in the Old Hall.

Feel free to google and read testimonials.

<https://nathanburkeconsulting.com/school-seminars/>

Mt Eliza Wellbeing Team



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(Please return to the classroom teacher by Thursday, 19th July, 2018)

Yes I/we will be attending (names): _____

Number of people: _____