PARENTING FOR RESILIENCY:

DEVELOPING YOUR CHILD’S life SKILLS

Thursday 10/29/20 @ 3:00 pm Zoom ID: 938 187 1878

**Resilience** is defined as a process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It is the capacity to cope with stress and **recover from hardships**. Resilience is not a trait that people either have or do not have. It involves behavior, thoughts and actions that can be learned and developed. The most significant determinant of resilience is the quality of our close personal relationships, especially with our parents. How loved you felt as a child is a great predictor of how you manage all kinds of difficult situations later in life. As parents we want to protect our children forever from such things but as we can’t always be there in the moment, we need to prepare them to be able to “bounce back” if you will. We first begin by communicating the resiliency attitude that “what’s right with you is more powerful than anything that is wrong with you.” Our **focus is on their strengths**, not on their weaknesses. We need to ask ourselves how their strengths can be used to overcome problems.

This **workshop** will define the **six (6) steps necessary to build resiliency**; the personality and temperament factors that enhance resiliency and the **life skills** required to sustain the ability to cope with life’s transitions and traumas, avoiding the roadblocks of fear and anxiety.

Key skills in **social and emotional learning** will be defined and developmental assets will be presented as an intervention tool for increasing **comprehensive wellness**.

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