



SHARON WITT



STUDENT WORKSHOP

THE RESILIENCE TOOLBOX

Building resilience tools and strategies to cope with challenges

Building resilience is an essential skill for our students to learn as they navigate school and encounter life's challenges. We all want to see children reach their best outcomes and mature into healthy, strong resilient young people. During this workshop, experienced educator and author, Sharon Witt will unpack some of the key elements of resilience and builds storytelling, humour, and practical activities into her presentation.

TOPICS COVERED

- Key definitions of resilience
- Factors that can get in the way of our resilience and wellbeing
- Building a strong resilience toolkit
- Why a positive mindset is an important asset
- Developing our perspective lens
- The power of persistence
- Why empathy is an important aspect of resilience
- Gratitude and why we need to foster it
- Fostering our wellbeing and why it matters

This workshop is aimed at Grade 5 & 6 students and all secondary students (Years 7-12). Due to the practical nature of this workshop, it is best run in Year level groups, and can be repeated throughout the day. Workshops for younger students can also be catered for. *This workshop typically runs for an 1- 1 ½ hours in total.*



ABOUT SHARON WITT

Sharon Witt is a seasoned educator with over 30 years' experience, and is a sought-after expert in the fields of youth, parenting and education. She has contributed to numerous publications and is regularly sought after in the media, appearing in print, television, and radio.

Sharon is a best-selling author of 18 books, including the hugely popular *Girlwise* and *Wiseguys* series, *Teen Talk*, and *Starting Secondary School* (co-written with Dr Michael Carr-Gregg). Her books aim to provide guidance and support to young people on the challenges they face in their early and teen years.

Sharon is also the founder of *The Resilient Kids Conference*, a one-day event that brings together leading parenting and education experts from across the country. This conference has toured many states over the past 6 years.