

Growing Healthy Young Resilient Minds (Evening Seminar)

Workshop Location: Northern Children's Network Inc -59D Amy Rd, Newstead TAS 7250

Date & Time: 19th September, 2016.
Sign-in: 6:45pm. Seminar: 7pm-9pm

Cost: \$44 (inc.gst) per participant. Includes resources, sweets, tea & coffee on arrival.

For more information or to register:

Website: Edumazing.com

Call: (03) 9731-1400

Email: admin@edumazing.com



About the Presenter: Rustle Freeman has over 20 years of experience working in community & education sectors. She is a qualified Therapist (specialising in childhood & adolescence). Her work in childcare leadership, Learning Coaching, education, & mental health rehabilitation has contributed to making our community shine. Rustle has over eight years of formal study in children services, education & therapy training. Her knowledge in health, wellbeing & education has been pivotal in developing key programs that support children with diverse needs. Rustle's wealth of experience has allowed her to achieve outstanding & sustainable results with the young people she empowers & their families. Rustle is the Wellbeing & Education Leader for edumazing, Therapist, Workshop Facilitator, & Director of Star Learning Foundation.

Resilience is a hot topic of late, and for good reason. It plays a large role on how well we bounce back after challenges. For this to occur we need supportive people helping young minds to grow.

Workshop overview:

Learn the key areas to focus on to help develop resilience, and why some people are not as resilient as others. This two-hour seminar will explore areas such as attachment, interpersonal neurobiology and trauma, to help you develop a deeper understanding.

Discover therapeutic techniques and strategies that increase emotional intelligence, which every adult can use to help young people to develop a healthy mind and thrive.

Suitability:

Parents of children aged 2-12 years & professionals working with young people (childcare, education, family services etc).

Testimonials:

"Rustle's knowledge & readiness to educate & support us on this topic is amazing. I am leaving feeling assured that I can make a difference."

"It was really helpful to know how to deal with children's emotions, bring positive attitudes in children's behaviour and how to help children overall with their social & behaviour skills."

"Rustle was amazing. Her energy made this PD."

"Definitely attend. Gives many ideas & strategies to assist in child rearing."

Rustle presented the PD. who was so knowledgeable &



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