

Parent webinar

Resilience and Setbacks

Details: On Zoom, Thursday 31 October at 6:30 PM (Melbourne/Sydney time)

Wellio helps students proactively improve their mental wellbeing using research-backed habits and techniques. Alongside their work with students, Wellio will be delivering a webinar each term to parents! Join us to learn about the below:



What being resilient looks like

We go beyond the buzzword to give you real world examples of what productive resilience looks like for young people.



Redefining Failure

How to help your children see failure as an opportunity for growth rather than a negative thing.



Internal vs External Mindsets

Learn strategies to help your child apply an internal mindset to take control of their emotions.

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