

Upcoming Webinar for Parents

Dr Jodi Richardson presents: Building lasting happiness in children

Dr Jodi Richardson is a professional speaker, author and wellness educator who helps people work through the challenges and opportunities associated with mental health, wellbeing, happiness and purpose. Jodi combines nine years of university study with more than twenty years of professional work in clinical practice, education and elite sport. Through this, and her personal experience of a mental health diagnosis she has seen it all, heard it all, felt it all, and flourished through it all. Her sincere ambition is to assist others to flourish too.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



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Watch an overview from Dr Jodi Richardson

About the webinar



Building lasting happiness in children

When you ask parents what they want for their kids, by far the most common reply is "I just want them to be happy". And though this desire goes hand-in-hand with such things as good health, an education and a safe place to call home, happiness is a really difficult area for parents to navigate or seek assistance with. Nobody denies the importance of happiness, but how many parents have ever been shown how to model and implement it? In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

Key learning and discussion points include:

- a new definition of happiness
- what stands in the way of happiness
- why the science says "more stuff" doesn't make us happier, and what to do instead
- the skills of happiness – quantifiable, helpful areas of output for parents to nurture in their children
- evidence-based strategies to increase happiness

The webinar will be held on 23 March 2022 at 8–9 PM AEDT.

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