

*Parents, Students and Teachers  
are invited to an evening with Greg Mitchell*



## ***Developing Resilience in Adolescent Boys!***

*This is a Community Event*

***Everyone welcome!***

### **Thursday May 11th, 2017**

7pm to 9pm

Mulgrave Country Club

Wellington Rd & Jells Rd, **Whealers Hill**

**\$20** per person (at the door) NO EFTPOS

BISTRO open beforehand

### **Monday May 15th, 2017**

7pm to 9pm

Olympic Hotel

31 Albert St, **Preston**

**\$20** per person (at the door) NO EFTPOS

BISTRO open beforehand

Free on site parking at both venues

### ***Book your place!***

Email [rick@criticalagendas.com.au](mailto:rick@criticalagendas.com.au)

Include your **NAME**, **No.** Tickets required and **Date** attending

Collect and pay for tickets at \$20 each on the night.

Enquiries: Ph. 0433 616 771

### **Testimonials**

My husband and I went last night. We can't thank you enough for giving us this night of 'fearless reality'.

Greg Mitchell had an engaging, enthusiastic, motivated, helpful, inspiring, thought provoking, humorous, honest, sharing, giving, caring, open, frank, concise, bulls eye target into his presentation of parenting for those lucky enough to make it last night. And, this lasted for two hours!

- Sharon Munroe, Parent, St Brigids College, Perth

Greg, Thank you very much, your presentation at the Western Australian Council of State Schools Association conference was the most memorable speech of the whole event.

- Tanya Gibson, Parent

Greg Mitchell's presentation on Leadership for Girls was absolutely excellent and stood out over the two days.

- J.Wright, Teacher, 2013 Girls in Education Conference, Melbourne

*Developing resilience is a personal journey  
but many of our boys don't know the way!*

The destination adolescent boys need to head for is... emotional awareness and the ability to regulate your moods

- be able to control your impulses
- have an optimistic mindset
- be a flexible and accurate thinker
- show empathy towards others
- believe that you can achieve things and
- seek help when you need it.



Unfortunately everyone who reads this knows boys and men who have lost their way on some if not all these points.

This presentation shows you not only the what of resilience but the how to teach it to boys who are in what Julian Barnes calls the double negative of no longer being allowed to be children, and not yet capable of being adults.

This presentation will help you develop simple tools to

- Teach emotional mastery without fancy words
- Widen boys emotional vocabulary
- Help them pause and make good decisions when under stress
- Assist them to develop empathy and understanding
- Support them when events cause them pain.
- Resolve conflicts and fight injustice with grace not violence
- Create an ongoing opportunities to talk and discuss the problems of their lives.

### **About the Presenter**

Greg Mitchell has worked with boys for nearly forty years as a parent, a teacher, a grandparent and an educational consultant, Greg works with schools throughout Australia to develop teaching programs and behaviour management responses that empower boys to become positive young men who are strong, capable, balanced and nurturing.

In this presentation he brings all of his experience, creativity, zest for life, wisdom and humour to create a memorable night for all.

Thank you for reading so far down the page... if you made it this far, you will truly enjoy this presentation.