



Developing RESILIENCE in Adolescent Girls

Presented by Educator, Author and Media Commentator

Sharon Witt

This is a Community Event

Everyone welcome!

Wednesday October 21st, 2015

7pm to 9pm

Darebin Arts & Entertainment Centre

Cnr Bell St & St Georges Rd, Preston

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

Secure your place!

Email rick@criticalagendas.com.au

Include your NAME and No. Tickets required.

Collect and pay for tickets on the night.

Enquiries: 0433 616 771

Testimonials

It is rare to find a person with both a clear understanding of today's teen issues and also the ability to effectively communicate that knowledge to teens and their parents. Sharon is that person! Through her books and spoken presentations, she has touched the lives of many thousands of teens, offering clarity and hope, and real life strategies to help navigate through an increasingly complex world.

Pastor Tony Knight, Event coordinator- CHOSEN

National Teen Leaders Convention

Sharon is an energetic and vibrant speaker, a gifted communicator, who shares her passion and heart with her audience. It is easy to see Sharon's passion and enthusiasm for young people and the issues they are dealing with in their world. Sharon provided many practical suggestions in how we can help teenagers navigate these important years. I would recommend Sharon as a speaker to parents, youth workers, teachers and teens. *Amanda Cain, Girls Brigade Victoria*

Sharon is a phenomenal guest speaker. She has facilitated a variety of sessions for our youth organisation, and always does a fantastic job! Her sessions are fun, interactive, and relevant and the young girls love them! Sharon's heart and passion for empowering young girls is an inspiration. I highly recommend Sharon for any girls' session

Beck Mitchell, Bridge Builders Organisation

Sharon Witt is passionate about promoting growth and change in young people. She recently presented her Bully Busters programme to our year 7-9 students. Sharon's presentation was full of interaction and she continually encouraged student feedback and participation.

Sharon demonstrated her ability to engage with students and at times, literally have them hanging off her every word. Sharon aims to equip young people with skills in dealing positively with real life issues. *Nicole Laursen, Melton Christian College*

We all want to see our girls reach their best outcomes and mature into healthy, strong resilient girls. Resilience involves the ability to 'bounce back' or recover when things go wrong or negative experiences impact us. By giving our girls key strategies to develop resilience, we prepare them for life.

During this 2 hour presentation (including time for discussion and questions), Author and Educator Sharon Witt, will provide key skills and strategies our girls need in order to be resilient, strong and capable young women.

Key topics include:

- Developing Emotional Intelligence
- Navigating difficult relationships
- Conflict management skills
- The personal values and attitudes we want to foster in our girls
- Developing positive relationships
- Strategies for coping in traumatic or difficult situations
- How to foster optimistic thinking and self-talk
- Coping with Academic Stress

About the Presenter

Sharon Witt has been immersed in teen girl world for over two decades in her role as an Educator, Author and Presenter to educators, adolescents and their parents around the country.

She is also a regular media commentator on issues impacting girls, parenting and education.



Sharon currently appears on Channel 7's Sunrise program and The Daily Edition as well as having two weekly parenting segments on radio in Melbourne and the Gold Coast and writes for various magazine publications.

Sharon is the author of best selling series of books *Teen Talk* and the recently released *Girlwise series*, which are written to help guide younger girls through many of the issues they face in early years.

Copies of Sharon's best-selling books will be available for purchase at the conclusion of the presentation (No EFTPOS).



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