



THE RESILIENCE PROJECT™

The Resilience Project delivers emotionally engaging programs which are evidence based and focused on practical approaches to build resilience and happiness. The Resilience Project focuses their program on 3 strategies:

Gratitude - Appreciating what you have, not begrudging what you don't.

Empathy - Thinking of the needs of others/ kindness.

Mindfulness - Being present in the moment, not becoming distracted by unhelpful or negative thoughts.

During this presentation, Martin will share his experiences and combine them with practical strategies that can be implemented everyday to improve our overall wellbeing. **This session will not only increase your skills and knowledge as a practitioner, youth worker, teacher or parent in supporting young people, but also enhance your own personal resilience.**



FREE Online event



Friday 4 September 2020, 2-3.30



For more information contact
Jess Sayers 9457 9983
jessica.sayers@banyule.vic.gov.au

Bookings Essential:

bnysn-resilience-project.eventbrite.com.au



Open to anyone who works with young people in either or both Banyule & Nillumbik (youth workers, housing workers, teachers, centrelink workers, volunteers etc.)

