

THE JOHN XXIII COLLEGE PARENTS' ASSOCIATION THROUGH INSPIRE - PARENT EDUCATION

ANXIOUS CHILDREN

turning anxiety to resilience at home

PRESENTED BY

DR JUSTIN COULSON

Our kids are suffering from anxiety in record numbers. One in fourteen young Australians (6.9%) aged 4-17 experienced an anxiety disorder in 2015. This is equivalent to approximately 278,000 young people. When we look at mental ill-health more generally, the numbers double to about one in seven primary school kids and one in four adolescents. Resilience levels decline as our kids get older. Fears and worries become a dead weight our kids can't lift. Our children are enduring panic attacks, stress, and we are watching their confidence levels drop. Parents want, so badly, to help. But they often don't know how. And sometimes their well intended attempts to help only hurt.

This presentation is designed as a specific talk for parents about what anxiety looks like, and provides simple strategies for parents to implement at home that are empirically and clinically proven, but don't require a PhD in psychology to practice.

WEDNESDAY 11 SEPTEMBER 2019

AT 7:00PM

GONZAGA BARRY LECTURE THEATRE

JOHN XXIII COLLEGE

BOOK THROUGH TRYBOOKING: <https://www.trybooking.com/524169>



DR JUSTIN COULSON

Dr Justin Coulson is one of Australia's most respected and popular parenting authors and speakers. He is sought after for his expertise in family life, relationships, and wellbeing and resilience; and he is the founder of 'Happy Families'.

Dr Coulson earned his PhD in Positive Psychology. He holds an Honorary Fellowship at the University of Melbourne's Graduate School of Education in the Centre for Positive Psychology, and he is a Senior Associate at the Positive Psychology Institute.

Dr Coulson has written 5 books and is a three-time bestselling author. He is an occasional columnist for the New York Times and appears regularly in all of Australia's major news outlets for television, radio, and print. He's a TEDx speaker and has worked with many of Australia's biggest brands including the Commonwealth Bank, Intel Security, ANZ, IHG, and many, many more. He has also served as a consultant to the Australian Government's Raising Children Network, and the Office of the e-Safety Commissioner, Life Education and others.

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