



Mark Le Messurier – PARENT EDUCATION SEMINAR

TOPIC: **Setting up for SUCCESS series –**
Practical ideas to build healthy, resilient young people

Wednesday, 17th May, 6.30pm to 8pm. Woodend Primary School

Mark Le Messurier is a well-known teacher, counsellor and author of 11 books. He is the co-author of BOTH '**What's the Buzz? friendship/ social skills building programs** now assisting children (4 to 14 years) in schools and organisations around the world - <http://www.whatsthebuzz.net.au/> He regularly presents at conferences and is a recipient of an Australian National Excellence in Teaching Award. Mark works in schools and in private practice in Adelaide with young people he affectionately calls 'Tough Kids'. He is the architect of the 'Mentoring Program' now running in many Catholic and state schools throughout Australia to support vulnerable students. Mark's book, **RAISING BEAUT KIDS** (\$35), follows **PARENTING TOUGH KIDS** (\$35) which became an international best seller. Mark's books will be available at the workshop for purchase, using cash or credit card. Mark will offer **RAISING BEAUT KIDS** and **PARENTING TOUGH KIDS** together as a **BOOK BUNDLE** for the discounted price of \$50. Proceeds from book sales go to Hutt Street Centre - <https://www.huttstcentre.org.au/>



This workshop comes from Mark's books - RAISING BEAUT KIDS and PARENTING TOUGH KIDS

To view it - <http://www.marklemessurier.com.au/main/workshops/parent/presentation-3.shtml>

Practical ideas to build healthy, resilient young people



What is this thing we call resilience?

The term resilience is used in mental health to describe a person's capacity to cope with changes and challenges, and to bounce back during difficult times. The focus of Mark's work, and this very practical seminar, is to show parents how to be the BEST resilience coach for their children.

Why is resilience in human beings such a prized quality?

Resiliency is such a prized quality as it positions individuals for the inevitable challenges that await them in the future. While the interplay of genetics and environment on resiliency are complex, there is much we can do to steer our children in healthy, more resilient directions.

So, come on, take the challenge with me; let's explore what you can realistically do to improve your children's happiness, resiliency and mental health. There's a lot you can be doing! So often it is the simple easy to remember strategies that engage children to think realistically and logically, that transforms behaviour and sets up healthy, resilient lives.

For more information about Mark, **RAISING BEAUT KIDS**, **PARENTING TOUGH KIDS** or the global social skills programs - **WHAT'S THE BUZZ? for PRIMARY** students and **WHAT'S THE BUZZ? for EARLY LEARNERS** please view;

<http://www.marklemessurier.com.au/main/>

<http://www.raisingbeautkids.com.au/>

<http://www.whatsthebuzz.net.au/>

To hear Mark interviewed by Debra Tribe on ABC Radio, visit - <http://www.marklemessurier.com.au/main/news/a-radio-interview.shtml>

To see a '**What's the Buzz?**' lesson in action, and lots more, visit – <https://www.youtube.com/watch?v=U0QaHHsnN4U>

To see and hear Mark Le Messurier go to his YouTube Channel - www.youtube.com/channel/UCOZkkrMU4LdXZc2uT7WY-Uw