

# Resilience through Positivity & Ownership

Focusing on individual ownership of behaviours and fundamentals of emotional intelligence for students to recognise the impact of their choices on both themselves and others. Reflecting of situations at school, in class and the playground, as well as at home, students are engaged in activities and discussions that reflect on positive actions and responses.



During our workshops, we utilise positive tools to build resilience, self-esteem and confident decision making at age appropriate levels. Supporting restorative practice with students, staff and parents are offered insight into potential strategies and aspects of awareness to build open communication, engaged interactions and so responsibility within student and staff interactions encouraging respect of individuals.

Student Workshops introduce the concept of "How Full is Your Bucket?" © (Gallup) through the children's book and subsequent activities relating to their day at home and around the school. Students will partake in activities to relate the story to their lives and so discuss situations that they have experienced and the impact on their buckets, as well as others. We will speak of "fillers" and "dippers" to understand impacts of our choices and those of others, looking at positive and negative behaviours, words and actions. Senior students will have aspects of leadership included in their workshop to embrace bucket as a personal transition or planning and life tool.

Our parent workshop provides aligned information to parents utilising resources from Don Clifton, Adam Grant and William Glasser. We discuss research findings and evidence of student feedback and experiences, as well as parent experiences in utilising these tools and techniques within daily home and lives.



*Our school engaged with Kathryn in her motivational and inspiring resilience and bullying prevention workshops. Immediately we noticed a positive shift in our students' resilience and understanding of their emotional intelligence. Kathryn delivered workshops for our parents which has supported our community to have a common language and understanding on how to support our students' emotional intelligence. I can't recommend Turning Point Consulting high enough to make a positive, immediate and inspiring impact for your school community.*

**Katrina Berwick**, Principal, Kingswood Park Public School



**Student Group:** K - 12 students, activities and discussion targeted at age and point of transition

**Location:** Available from your School

**Duration:** 1 hours per workshop with students

**Cost:** Available on request

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