

Developing Resilience & Communication Skills

Students discuss and conduct activities focusing on resilience and communication skills in relation to social settings at school, home and in public. They work to consider good and bad outcomes of situations based on their responses and actions with clarification of best outcome to different scenarios.



Students will partake in activities, games and discussion to increase self-insight into personal resiliency factors and behavioural responses, with a focus on negative and positive choices.

1. Personal Resiliency

Based on theory from positive psychology, resiliency is unpacked in terms of evaluating how students respond to difficult situations in daily life and factors that contribute to their wellbeing.

2. Making Good Choices

Guided by William Glasser's Choice Theory, students reflect on the range of choices they make each day and so evaluate the impact on their personal, academic and social wellbeing.

3. Taking Responsibility

Students are empowered to consider what is within their control and to accept responsibility for the positive or negative outcomes that result from our words and actions.

4. Active Communication

Through a series of role-plays and interactive activities, students are taught the core verbal and non-verbal ingredients around how to communicate so others listen and how to listen so that others feel heard.



"From the beginning of our enquiries and negotiations till the end of the day, Kathryn was helpful in organising our sessions for Year 10 students. We were all impressed with Kathryn's thorough preparation and professionalism and the skilled way she tailored her presentation to suit the different audiences. Kathryn's great insights, personal stories and engaging anecdotes gave her workshop on interview skills real credibility. Both staff and students learnt from this."

Judith Smith, Career Adviser
Dungog High School



Student Group: Year 5 -12 high school plus tertiary

Location: Available from your School

Duration: 1 – 2 hours

Cost: Available on request

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