

## Working With Vulnerable Children

# Building Resilience in Children for Educators



Research suggests that some children develop resilience through the normal developmental process, while others need guidance. Building resilience involves both improving the skills and capabilities of the child and the environment around the child. This professional development package provides educators with a deep understanding of the importance of resilience in children and how a child's resilience might be impaired when they are not appropriately supported to overcome adversity. The workshop will assist educators to plan approaches, activities and interventions to build and grow resilience in children.

### Learning objectives:

- Develop a clear understanding of the importance of building children's resilience and wellbeing
- Understand the relationship between adversity and resilience
- Develop everyday strategies for building children's resilience
- Build, strengthen and promote supportive child relationships
- Create opportunities for healthy challenges

### WORKSHOP DETAILS

#### WHO IS IT FOR?

This workshop is available for kindergartens with eligible School Readiness Funding  
Minimum of three participants

#### FORMAT

Online

#### DURATION

3 hours

#### COST

\$195 (+gst) per person

#### CONTACT

For more information or to apply for this workshop, contact Meli

☎ 03 5278 8122

✉ [schoolreadiness@meli.org.au](mailto:schoolreadiness@meli.org.au)

### Please note:

- Workshop content can be modified to meet the needs of particular kindergartens/educators
- Delivery of workshops outside of standard working hours may be an option - please contact us to discuss