

THE STRENGTH SWITCH PARENTING COURSE

- developed by Professor Lea Waters AM, PhD

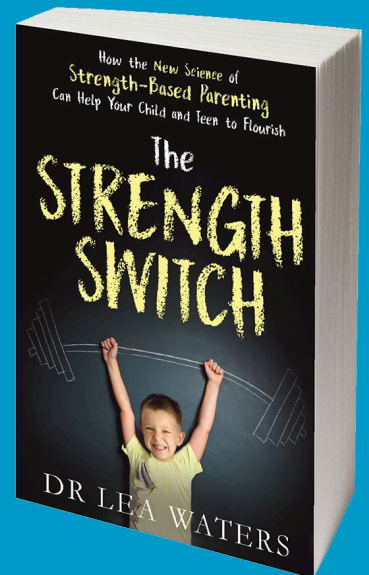
Trained Psychologist, Founder - Visible Wellbeing, Honorary Professorial Fellow - University of Melbourne
Bestselling author of THE STRENGTH SWITCH

How can you help your children to thrive by drawing on what's best in them and you?

Based on Professor Lea Waters AM, PhD bestselling parenting book *The Strength Switch*, this course provides you with evidence based strategies to bring strength-based parenting to life. It helps your children to understand themselves and their strengths better, helping them to navigate life's ups and downs.

The research by Dr Waters has linked strength-based parenting to:

- **Increased wellbeing** and life satisfaction
- **Improved grades** and academic achievement
- **Lower rates of depression and anxiety**
- **Increased parent satisfaction.**



Professor Lea Waters, mother of two and pioneer in the field of positive psychology, designed this course to equip parents with a tool-kit of strategies, as well as the confidence to start practising strength-based parenting at home.

Come together for this three-workshop series, with other parents from our school community and learn how to tap into your strengths to help both you and your children flourish in life.



This Course is proudly presented by
Our Lady of Grace
Facilitated by
Courtney Quigley
Visible Wellbeing, Facilitator and Coach



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Who is the course for?

Parents of kids of all ages - it's never too early or too late to start applying the principles of strength-based parenting.

What will I come away with?

- Action plans to help you start to change some of your immediate reactions to certain behaviours at home, focusing more on strengths.
- Confidence in applying the concepts you've learnt having had the opportunity to practise them with other parents.
- Fun activities to do with your kids that strengthen family bonds.
- Expertise from your facilitator for those tricky issues.
- An increased awareness of your strengths and how you can use them during both good and tough times.
- A network of other parents who you can share your journey with.

Dates

Monday, 5th May

Monday, 12th May

Wednesday, 19th May

TIME:

6:30pm – 8:00pm

