



BDB

HOW TO REGISTER

ELECTRONIC FORM

Download and complete the fields of the interactive PDF on screen, then 'Save As' with the file name **Bundaberg_[Your Name]_register** then click on the **REGISTER NOW** button to submit the completed form direct to Pathways to Resilience Trust.

Forms are available from both the Pathways to Resilience and BUSHkids websites:

<http://www.pathwaystoresilience.org/links/bundaberg>

<http://bushkids.org.au/what-we-do/events>

– as can also be found at the end of this Prospectus document.

VIA PATHWAYS WEBSITE

Please visit the Pathways to Resilience Regional Tour / Bundaberg page and follow the links there:

<http://www.pathwaystoresilience.org/links/bundaberg>

BY EMAIL TO PATHWAYS

Print out a hard copy of the blank form, print clearly in black or blue pen, then scan and email the completed form to Pathways to Resilience Trust at:

community@pathwaystoresilience.org

We will then send you a confirmation email.

MORE INFORMATION

Please contact Pathways to Resilience Trust directly:

Phone: 0447 032 339 or 3169 2400

Please note: the FUN FRIENDS and MY FRIENDS YOUTH facilitator training sessions incur a \$50.00 cost each, which includes lunch and training manual; you will be invoiced for these bookings.

All other sessions are FREE and all members of the community are welcome to attend.

Pathways to Resilience Trust

Building Resilience in Children Regional Tour

BUNDABERG

Monday 11th – Friday 15th May 2015

VENUE: Burnett Club, 5 Quay Street

Inside this booklet

- About Pathways to Resilience Trust
- Meet our trainers
- About the partnership of ongoing support with BUSHkids and UnitingCare to ensure sustainability
- About the Tour and what's on offer
- Facilitator training
- Professional development
- School visits
- Parent and community sessions
- Tour calendar
- Workshops synopsis and information flyers

Enrolments and enquiries

- Registration options listed at left
- Pathways to Resilience contact details at left

REGIONAL TOUR 2015 PROGRAM in association with



Pathways to Resilience Trust is grateful for the support of all our partners in bringing you our 2015 regional tour:



Amanda Flynn Charity Ltd.
Calling for sensitive young Australians



Prospectus

The Pathways to Resilience Trust is a charitable organisation established in August 2007 with the specific purpose of promoting social and emotional learning and resilience in children, adolescents and families, and to assist in the prevention of anxiety, depression and youth suicide. This is facilitated through education, mental health promotion and advocacy.

The Trust works on the implementation of social and emotional learning programs with children and families in schools and communities of low social-economic status; culturally and linguistically diverse backgrounds, including refugees and people of Indigenous heritage in rural, regional and remote areas, including those affected by drought or natural disasters.

Our Vision

“Our vision is to see an Australia where young people and their families, regardless of location and background, are resilient, socially and emotionally competent and happy.”



Our Trainers

James Ryan, Training Manager

James has a long background in education – first as an outdoor educator, then high school special needs, and now as an adult educator. He focuses on neuroscience and mindfulness and how these – very popular sciences – go about increasing our social and emotional skills and overall wellbeing. With many sideline interests such as cross-triathlon, mountain biking, rites of passage and chocolate, he attempts to weave these interests into the fabric of his presentations. Above all he enjoys the process of passing on knowledge, ideas and skills that he hopes will allow young people to become independent and empowered.

Laura Pearcey LLb (Hons) PGCE

Laura is a passionate educator with over eight years’ experience of working within the education sector as an education officer and teacher. Her current focus concerns the building of academic resilience using the core competencies of social, emotional learning to increase engagement and attainment amongst learners, especially during the transitional stages of a child’s education. Laura is currently delivering several programs that encompass the innovative concept of Stanford Professor Carol Dweck’s ‘Growth Mindset’ to foster resilience, tenacity and success for both educators, learners and the wider community.

Sustainability assured through a partnership of ongoing support with



Sustainability is very important to the Pathways to Resilience Trust and we are very grateful to be entering into a partnership of support with BUSHkids and Uniting Care Community. Having wonderful teams of professionals on the ground to follow up and provide ongoing support to the Bundaberg Community is of enormous assistance.

The Royal Queensland Bush Children’s Health Scheme (BUSHkids) is a not for profit organisation providing primary health care in collaboration with other government and non-government organisations in regional communities. BUSHkids was established in 1935 and has provided vital health services for rural children for the past 80 years.

UnitingCare Community is a leading provider of community services in Queensland and prides itself on client-focused care. They provide many important services to Queenslanders within key service areas of crisis support, child and family wellbeing and disability support.

BUSHkids and UnitingCare Community build capacity in local communities to identify and respond to children and families who are at risk of poor health, educational and social outcomes. In partnership with educators and other Allied Health providers, BUSHkids and Uniting Care Community supports the delivery of evidence-based group programs to meet the identified needs of local communities by:

- Supporting the local community with the facilitation of group sessions, and in particular, managing emotional responses and challenging behaviours.
- Providing ongoing support to children and their families
- Providing support and professional advice to partners in the local community.

Proud to be in a collaborative partnership with



What's on offer

This tour builds on the work the Pathways to Resilience Trust has been conducting online, training teachers to facilitate social and emotional learning programs in rural, regional and remote schools within Queensland.

As part of our consultation and research process it has been identified that regional visits would be an advantage to enhance the existing skills developed to build greater resilience in communities and to assist in the embedding of these skills for long term sustainability.

To assist you in determining which professional development would support you and your educational setting, and which workshops are of wider general interest to parents and the community, you will find a snapshot and calendar below and, on the following pages, a synopsis or information leaflet about the workshops.

Free professional development, and free sessions for the community, includes:

- Building Emotional and Academic Resilience Using Growth Mindset
- Neuroscience for Educators
- An Introduction to Mindfulness
- Weaving Social and Emotional Learning Concepts into Classroom Culture

Facilitator training days:

- FUN FRIENDS (4-7 years) – Tuesday 12th May, 8.30am–3.30pm – \$50pp
- MY FRIENDS YOUTH (11-17 years) – Wednesday 13th May, 8.30am–3.30pm – \$50pp

School visits:

Some schools have already booked FREE visits by the team, and places are available in the program for additional schools to register their interest – please email community@pathwaystoresilience.org or call 3169 2400 or 0447 032 339 to enquire.

If you are already using the FRIENDS programs in your school we can visit your classroom to facilitate a session of the program or work with you to offer support.

| | FREE sessions (educators) | FREE sessions (community) | TRAINING (facilitators) | |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| | Monday 11th | Tuesday 12th | Wednesday 13th | Thursday 14th |
| Morning | | 8:30am–3:30pm Fun Friends Facilitator Training <i>Presenter:</i> <i>Laura Pearcey</i> | 8.30am–3.30pm My Friends Youth Facilitator Training <i>Presenter:</i> <i>Laura Pearcey</i> | School Visits |
| | | School Visits | School Visits | School Visits |
| Afternoon | 3.30pm–5.30pm Building Social, Emotional and Academic Resilience Using Growth Mindset for Educators <i>Presenter:</i> <i>Laura Pearcey</i> | 3.30pm–5.00pm Neuroscience for Educators and Parents <i>Presenter:</i> <i>James Ryan</i> | 4.00pm–5.30pm Thought 'Thinking Patterns' (Adult Resilience and Wellbeing) All welcome <i>Presenter:</i> <i>James Ryan</i> | 3.30pm–5.00pm Weaving Social and Emotional Concepts into Classroom Culture for Educators <i>Presenter:</i> <i>James Ryan</i> |
| | | | | |
| Evening | 6.00pm–7.30pm Positive Emotions Using Gratitude (Adult Resilience and Wellbeing) All welcome <i>Presenter:</i> <i>Laura Pearcey</i> | 6.00pm–7.30pm An Introduction to Mindfulness All welcome <i>Presenter:</i> <i>James Ryan</i> | 6.30pm–8.00pm Building Resilience in Families All welcome <i>Presenter:</i> <i>James Ryan</i> | 6.00pm–7.30pm Building Better Habits (Adults Resilience and Wellbeing) All welcome <i>Presenter:</i> <i>Laura Pearcey</i> |
| | | | | |
| | | | | Friday 15th |

Building Emotional and Academic Resilience using Growth Mindset

“The passion for stretching yourself and sticking to it, even when it’s not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during the most challenging times in their life.” – Dr Carol Dweck.

Why do some people give up when challenged whilst others thrive? Why do some students learn from feedback whilst others ignore it? Why do some children regard effort as essential for success whilst others regard it as a weakness? Using the research of Stanford Professor Carol Dweck, this program explores the concept of ‘mindsets’ and how they impact on resilience, motivation and performance.

Monday 11th May 3.30pm – 5.30pm

FREE session, presented by Laura Pearcey – for educators

Practicing Gratitude for Wellbeing

“We think too much about what goes wrong and not enough about what goes right. We need to get better at thinking about and savouring what went well.” – Martin Seligman.

In this hands-on workshop, discover an array of activities that everyone can use to cultivate gratitude and appreciate the little things in life. Using the latest research, this workshop will inform you of the most recent studies and findings that link the practicing of gratitude to improved wellbeing and guide you through six fun and inspiring exercises that will help you begin to identify and express your own gratitude.

Monday 11th May, 6.00pm–7.30pm

FREE session, presented by Laura Pearcey – everyone welcome

Thought “Thinking Patterns”

“With our thoughts we make the world.” – the Buddha.

The power of thought is central in creating our experience of life. In this introduction we explore both the nature of mind and thought. In order to build our wellbeing we especially need to become more aware of our negative thinking patterns to see how it gets us into trouble. At the end of the day we need to use thinking flexibly – to make valued choices no matter what thoughts are pressing on us to act.

Wednesday 13th May 4.00pm–5.30pm

FREE session, presented by James Ryan – everyone welcome

Building Resilience in Families

Life for any family includes ups and downs, challenges and unexpected twists and turns in the road. A family’s ability to negotiate this journey and keep going depends on the skills they are working on along the way. There are certain skills and strategies that have been identified as important for the development of resilience. Some are internal skills we can build and develop, whilst others external, which encompass the relationships in children’s lives. Families can draw upon these skills to build successful strategies to bounce back after challenging times.

Wednesday 13th May 6.00pm–8.00pm

FREE session, presented by James Ryan – everyone welcome

Weaving Concepts into Culture

Explore common issues in implementing evidence-based SEL programs. Show educators how to turn SEL concepts into classroom culture. To complete a grid identifying beginning steps, specific practices and general opportunities to weave.

Thursday 14th May 3.30pm–5.00pm

FREE session, presented by James Ryan – everyone welcome

Building Better Habits

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle.

Have a habit you want to change? How about a habit you want to start? We all want to make better choices and create better habits, but it can often be too overwhelming a task. We are all different and, as a result, there is not a one-size fits all solution to building better habits. In this workshop, using the latest research from around the world, you will learn a range of techniques and tips that you can immediately put to use, and the tools and knowledge to start building better habits.

Thursday 14th May 6.00pm–7.30pm

FREE session, presented by Laura Pearcey – everyone welcome

Fun Friends

Children gain emotional and social intelligence necessary to help them flourish, developing skills and understanding to engender a sense of belonging and connectedness. Along with social awareness, an ability to express feelings and regulate emotions, this supports a smooth transition to school, with improved confidence and relationship skills. An empowering program for children, parents and teachers, these resilience strategies help children be happy and resilient whatever life challenges come their way.

Tuesday 12th May 8.30am–3.30pm

COST \$50pp, includes lunch and materials, presented by Laura Pearcey – facilitator training

Mindfulness for Educators

The Potential for Educators

1.5 Hour



“

Mindfulness gives us the ability to stay calm and present, to gently and wisely transform our difficult experiences into understanding

”

COURSE OVERVIEW

The aim of the Mindfulness for Educators introduction is to present the concept of mindfulness, look at the benefits of mindfulness and to explore how it might be introduced into the centre.

| TOPICS COVERED | EYLF | NQS |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • What mindfulness is • What mindfulness isn't • The benefits of mindfulness • Basic practices • The mindful classroom • Curriculum/programs that use mindfulness • Other resources to investigate • Taking the next step | <ul style="list-style-type: none"> • Outcome 1 : Children have a strong sense of identity • Outcome 2 : Children are connected with and contribute to their world • Outcome 3 : Children have a strong sense of wellbeing • Outcome 4 : children are confident and involved learners • Outcome 5 : Children are effective communicators | <ul style="list-style-type: none"> • Area 2 : Children's health and safety • Area 4 : Staffing arrangements • Area 5 : Relationships with children |

COST

Please enquire for Face to Face or online presentation

“Mindfulness practices helps me when I am angry at home. It helps me calm down.”

Pathways to Resilience Trust

P: (07) 31 69 2400 W: www.pathwaystoresilience.org M: 0447 032 339

My Friends Youth

Adolescence is a time of new challenges and new experiences. During this time adolescents are often faced with increased expectations and responsibilities, a higher academic workload, peer pressure and friendship difficulties. My Friends Youth is an empowering program to develop young people's awareness of their self talk and strengths to help them develop a skill base to further develop their awareness, and social management strategies to enhance responsible decision making and relationship skills.

Wednesday 13th May 8.30am–3.30pm

COST \$50pp, includes lunch and materials, presented by Laura Pearcey – facilitator training

Neuroscience for Educators

An overview

1.5 Hours



“...through understanding how students’ brains actually work and using that knowledge to benefit classroom learning, we may be able to positively influence classroom education -Louis Cazolino, *The Social Neuroscience of Education*”

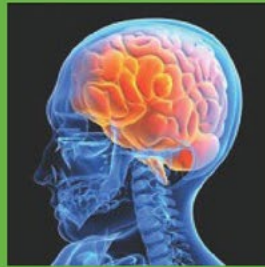
COURSE OVERVIEW

To give educators an overview of how the learning from neuroscience impacts social, emotional and academic learning in the classroom

TOPICS COVERED

- The amazing brain
- The mind
- The developing brain
- Neuroplasticity made simple
- The brain’s bias
- Hand model of the brain
- The social brain
- Importance of the pre-frontal cortex
- Foundations of brain architecture

“Shaped a little like a loaf of French country bread, our brain is a crowded chemistry lab, bustling with nonstop neural conversation”
-Diane Ackerman



EXPECTED OUTCOMES

- This training will help you begin to:
- Understand the implications neuroscience has for educators, especially in the area of social and emotional learning.
 - Identify a number of ‘neuro friendly’ principles to help kids build ‘better’ brains

COST

Please enquire for Face to Face or online presentation

Early Years Learning Framework Outcomes

Outcome 1 Children have a strong sense of identity
Outcome 3 Children have strong sense of wellbeing
Outcome 4 Children are confident and involved learners

National Quality Standards

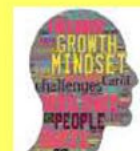
Area 2 Children’s health and safety
Area 4 Staffing Arrangements
Area 5 Relationships with children

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BUILDING EMOTIONAL AND ACADEMIC RESILIENCE USING GROWTH MINDSET

90 minutes



“The passion for stretching yourself and sticking to it, even when it’s not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during the most challenging times in their life.” (Dweck 2006)

COURSE OVERVIEW

Why do some people give up when challenged whilst others thrive? Why do some students learn from feedback whilst others ignore it? Why do some children regard effort as essential for success whilst others regard it as a weakness?

Using the research of Stanford Professor Carol Dweck, this program explores the innovative concept of ‘mindsets’ and how they impact on resilience, motivation and performance.

Presentation Topics

Identifying your own mindset and how it impacts your life;

- Unpicking theories of ‘intelligence’;
- Exploring the ground-breaking research by Dr. Carol Dweck concerning mindsets;
- Understanding the differences between a fixed and growth mindset.

Examining how mindsets work and are when they are transmitted, including:

- The right way to praise;
- The consequences of labels.

Revealing the reasons to adopt a growth mindset, including:

- Increased resilience in ourselves and our schools;
- A new definition of failure;
- A successful transition to high school;
- Improved social, emotional and academic outcomes.

Exploring easy and fun ways to foster a growth mindset, including:

- Tools for assessing mindsets;
- Praise and feedback;
- Resources and the learning environment.

Outcomes

A confident understanding of the mindsets and how they impact upon resilience and motivation;

A range of strategies to help children move from a fixed to a growth mindset;

A new approach to building social, emotional and academic resilience in children using the evidence-based research of renowned psychologist Dr. Carol Dweck.

P2R – Pathways to Resilience

P: 07 31692400

www.pathwaystoresilience.org/links/emerald

M: 0447132339

Weaving SEL Concepts into Culture

SEL evidence-based programs aren't enough
90 minutes



"Evidence on effectiveness helps you select what to implement for whom (but) evidence on these outcomes does not help you implement the program or practice."
Fixsen & Blasé (2008)

Presentation Topics

*"What approaches are you taking to enhance SEL of students in your classroom?
On what theory are you basing these activities?
What evidence do you have that you are progressing toward your SEL objectives?"*



Evidence-based programs are not enough
Having clear pathways to effective implementation
Training and coaching
How to weave SEL concepts into culture

Expected Outcomes

Explore common issues in implementing evidence-based SEL programs
Show educators how to turn SEL concepts into classroom culture
To complete a grid identifying beginning steps, specific practices and general opportunities to weave

Cost: Please enquire for Face to Face or online talk



Pathways to Resilience

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M: 0447 032 339



W: www.pathwaystoreilience.org
E: community@pathwaystoreilience.org

Pathways to Resilience Trust is grateful for the support of BUSHkids in the design and prepration of this Prospectus and other materials and for their assistance in helping facilitate and promote our 2015 Tour.

bushkids.org.au

