

Professional Development  
Package Three

# Building Resilience in Children for Educators



A focus on promoting and building resilience in early childhood settings, foster the learning, resilience and wellbeing of children and young people. Resilient children are more able to 'bounce back' and manage their emotions when they face everyday adversity and are more likely to take healthy risks. Resilient children are curious, brave and trusting of themselves and their capacity.

Research suggests that some children develop resilience through the normal developmental process, while others need guidance. Building resilience within children involves both improving the skills and capabilities of the child and the environments 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
- Apply current research to create an 'action plan' for particular programs, interventions or contexts

## How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

## Cost

**\$195 per person plus GST**

- \* Minimum number of participants is three.
- \* This workshop is three hours long.
- \* Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Additional information

- \* Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- \* Delivery of workshops outside of standard working hours may be an option – please contact to discuss.

**For more information or apply for this program contact:**

Bethany Community Support **Ph: 03 5278 8122**

Email us on [schoolreadiness@bethany.org.au](mailto:schoolreadiness@bethany.org.au)