

# ATTITUDE & MINDSET

## WORKSHOP OVERVIEW

RECOMMENDED for YEAR 5 TO 6 STUDENTS

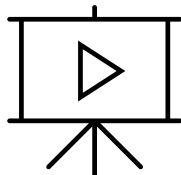
ATTITUDE & MINDSET is a seminar designed to move students through an active process that will explore issues of resilience, dealing with anxiety and everyday stress. This seminar seeks to equip children to better able to handle the challenges that life may throw at them, such as family problems, academic struggles, or social difficulties. The major theme explores resilience as a lifelong skill that can benefit children throughout their lives giving the tools they need to cope with the challenges they will face in the future. The process is interactive and engaging, through the use of visual, auditory, self-reflective and movement mechanisms.

### SEMINAR AIMS:

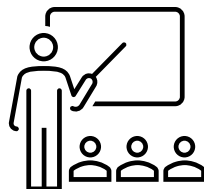
1. To help children understand the concept of resilience and why it is important in their lives.
2. To equip children with the skills and strategies they need to build resilience and cope with challenges and setbacks.
3. To provide practical examples of how to apply resilience skills in real-life situations, such as dealing with peer pressure, academic stress, or personal problems.
4. To help children identify their strengths and weaknesses and develop a growth mindset that fosters resilience.
5. To foster a sense of community and support among children, encouraging them to seek help and support from peers and adults when facing difficulties.



Includes activities



Uses multimedia



Educational

### PRIMARY SCHOOL SEMINAR DETAILS

Seminars may include a single or mixed year level,

Maximum number of students per seminar is 100 students

We require a data projector or TV to plug into

Costs are calculated on several variables including location and number of seminars

The duration of seminars are:  
\* 60 to 90minutes (for grades 4 to 6)

Cancellations: Less than 21 days receive no refund

All presenters have a WWCC and we have OH&S policies