

THE

RESILIENCE PROJECT



Connected Parenting

We all want our children to grow up equipped with emotional awareness, empathy, resilience and confidence.

This **Connected Parenting Workshop** offers a valuable set of tools for parents and carers aiming to raise children through positive connections and communication.

Facilitated by educator and parenting expert Lael Stone, this 90 minute workshop provides parents and carers with:

- Practical strategies to build stronger connections with children
- Ideas to support children when they are frustrated or going through challenging situations
- Simple ways to create co-operation
- Dealing with our own triggers as a parent
- Understanding big emotions and feelings and assisting kids in becoming emotionally resilient



Lael Stone is an educator, author, mother and parenting counselor who has been working with families for over 17 years. As an Aware Parenting Instructor, she facilitates workshops and support groups that empower parents to create connections and stronger relationships with their children. She is also the co-creator of Woodline Primary School, an innovative new school based on emotional wellbeing and connection. Lael is a TEDx speaker, co-host of The Aware Parenting Podcast, and a sought-after public speaker who talks candidly about her experiences and her great passion; creating wellness in families through connection and communication.

Book or find out more. Limited workshops available.

enquiries@theresilienceproject.com.au | (03) 9113 9302

THE

RESILIENCE PROJECT