

9 July 2010  
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Lunch



# Developing Resilience in Children and Young People:

Presenter: Dr Venkat Pulla



- ◆ *What helps to make a child resilient?*
- ◆ *Ways to build resilience; Optimism; How to think optimistically*
- ◆ *Hints to avoid harmful stress*
- ◆ *Seven steps for creating resilient families*
- ◆ *Celebrating the spirit of resilience*
- ◆ *Helping kids bounce back*
- ◆ *From surviving to thriving*
- ◆ *Creating resilient learners*
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## *Exploring Resilience*

*what resilience is?*

*Is it a quality in the child himself?*

*Is it an interactive process, environment vis a vis individual?*

*Do some children "not have what it takes" to cope with adversity?*

## **Program:**

Welcome, introductions and program overview  
Building blocks of resilience Childhood and adolescent resilience  
Raising resilient children; Resilient, confident kids  
Culture and resilience  
Developing resilience at every stage of a young person  
Coping skills (resilience)  
Cope with adversity  
Resilience: risk and protective factors

