



Building Courage and Resilience in Children

How to help children find their 'brave'.

Courage and resilience are vital qualities that help children adapt in the face of adversity and challenge, with their hearts, minds and spirits intact. Both courage and resilience are qualities that can be cultivated in any child, and parents are in the perfect position to do this. In this transformational session, we will explore:

- how anxiety gets in the way of brave behaviour;
- how to shift anxiety out of their way;
- the important 'reframe' that can empower children to move through anxiety towards brave behaviour;
- the power of parents to move children towards brave, and how to do this;
- how to respond to fear or anxiety in the moment to make way for calm and courage;
- scientifically proven ways to build courage and resilience;
- the importance of relationship in building courage and resilience;
- what happens in the brain during stress and challenge, and how to strengthen the brain towards resilience;
- the language and conversations that will build courage and resilience;
- what all children need to know about courage.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.