

'THE JOHN XXIII COLLEGE PARENTS' ASSOCIATION' THROUGH 'INSPIRE - PARENT EDUCATION'

IS PLEASED TO HOST

# BETTER THAN OK

HELPING YOUR CHILDREN TO FLOURISH AT SCHOOL AND BEYOND

BY DR HELEN STREET

TUESDAY 3 MAY 2016

7:00 - 9:00PM

GONZAGA BARRY LECTURE THEATRE

RSVP BY MONDAY 2 MAY 2016 : TRYBOOKING - <https://www.trybooking.com/194931>

## HELPING PARENTS OF PRIMARY AND EARLY HIGH SCHOOL CHILDREN

As parents we all want our children to flourish in life. We want them to experience well-being, to feel well and to do well.

But, what does 'doing and being well' actually mean in terms of day to day life? Moreover, how can we best support our children in achieving these lofty aims? Certainly the vast literature available on 'successful parenting' and the pursuit of happiness can leave the most resilient of us confused and overwhelmed.

In this talk Dr Helen Street will explore what it means to grow up successful and happy in 2016. In so doing, she will discuss six fundamental 'well-being ingredients' for raising children, ingredients required to ensure our children flourish at school and beyond.



### Dr Helen Street

Education Consultant and Applied Social Psychologist

Chair, The Positive Schools Initiative

Honorary Research Fellow, Graduate School of Education, UWA

Director, Wellbeing Australia

Social psychologist and stress expert Dr Helen Street has worked extensively in Australian schools since 1999.

For more information on her work please go to:

[www.positiveschools.com.au](http://www.positiveschools.com.au)



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