

# SARA WESTBROOK



TUESDAY  
MAY 16<sup>th</sup>

ARDAGH BLUFFS PS  
6:30 PM – 7:45 PM

AN ADULTS ONLY PRESENTATION

*'I wanted to let you know that you are powerful! I was engaged, amazed and felt empowered that I could be a coach for assisting my children to make the best choices for whatever circumstance they are dealing with.'* Parent SJPII School Council Chair

## 3 HABITS OF RESILIENT FAMILIES

As parents and guardians, it's important to support children in making character-based choices that develop the skills of Resilience, Confidence and Mental Well-Being.

Many of their choices are being made based on how they feel (anger, sadness, disappointment etc). Since emotions are constantly changing, they are not a reliable place to make all choices from. It's essential to teach children how to move through emotions in healthy ways so they can make choices from a more reliable place - their character.

In this presentation you will learn 3 Habits to coach your children to:

- Make character-based choices.
- Bounce back from tough emotions and challenging circumstances.
- Train their brain to think and act beyond tough emotions.
- Learn healthy ways to release emotions.



FOR MORE INFORMATION ABOUT  
SARA WESTBROOK PLEASE VISIT

[WWW.SARAWESTBROOK.COM](http://WWW.SARAWESTBROOK.COM)

AS SEEN ON

