

COURSE EXTENDED!

CREATING CONNECTION WHEN PHYSICALLY DISCONNECTED

A bite-size wellbeing course for parents, carers and educators of girls of 10 years and up. This course will offer resources and practical tips, and will cover areas such as:

- > What are the three keys to wellbeing?
- > What role does gratitude play, how to teach it, how to raise a grateful child and how to be a grateful parent
- > Connection – how to initiate and maintain relationships
- > Teaching young people how to be great conversationalists
- > Managing conflict
- > The power of a collective project
- > When should we be worried, and who do we turn to if we are?
- > What if my child is worried about a friend?
- > Action Plan if your child or student is in crisis
- > Our relationship with self – the power of positive affirmations



Presented by Dannielle Miller from Enlighten Education

Dannielle Miller is a best-selling author, speaker, media commentator & educator on the wellbeing of girls. She is the CEO of Enlighten Education which conducts empowering workshops with more than 25,000 girls across Australia, New Zealand and South East Asia each year. Her books include the best-selling parenting title, *The Butterfly Effect* and she has a biweekly column in the Saturday edition of *The Daily Telegraph*.

This year, as Education Officer for Women's Community Shelters, she launched *Walk The Talk*, an innovative new program aimed at teens that provides a practical application for learning about eliminating domestic violence.

Dannielle has won various awards for her work in student wellbeing, including being named as one of four Finalists for the NSW Premier's Woman of the Year Award, and the winner of The Suicide Prevention Australia Award (both in 2018). She was recently featured in *Stellar* magazine's International Women's Day edition. To find out more about Dannielle's work, head to her website danniellemiller.com

JOIN US!

Open until - Sunday 9 August

Click below to access this course, it will take approximately 1 hour to complete

ONLINE COURSE

Password: **Camberwell2020**

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CREATE YOUR TOMORROW

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