

Thursday May 11

6:30pm

RAISING RESILIENT CHILDREN

PREPARING OUR CHILDREN
FOR LIFE IN THE 21ST CENTURY

A PRESENTATION BY DR. MEG POPOVIC, PHD

This presentation **FOCUSES ON PREPARING YOUR CHILDREN TO APPROACH LIFE IN THE 21ST CENTURY WITH A RESILIENT MINDSET.** Dr. Meg provides parents with a unique perspective on parenting as she has taught 1000s of college and university students since her first university lecture in 2003. As she tells parents with a humorous wink, *"I get your kids when they leave you."* Parents will attain a clear understanding of resiliency, learn how resiliency fits into their current family values and child-parent interactions, and gain practical tools to teach resiliency to their children.

- We will teach you how to prepare your children to deal with the inevitable struggles of life.
- We will address important shifts in the culture of parenting that help - and hinder - our children to becoming accountable, emotionally healthy, and inspired young people.
- Parents will examine common sense, wisdom, and intuition that children need to develop in order to have a chance at thrive in the fast, ever-changing world we live in.
- Tools and information will be provided around realistic ways to encourage, inspire, and instil self-efficacy in children.
- During this presentation parents will be encouraged to teach their children to respond to life by choice rather than react to life by chance.
- The focus will be on developing personal resiliency in our children as an essential skill for the 21st century.



MEGAN POPOVIC, PhD

Megan is a university professor, mother, professional speaker, and certified life coach. For over 10 years, Dr. Popovic has worked with individuals, teams, and organizations to develop resiliency skills and foster a deeper sense of purpose in their lives. She has facilitated specialized training programs for students, athletes, political and social leaders, school boards, medical and health professionals, university faculty, and incarcerated youth. Dr. Popovic is a faculty member in Leadership at Brescia University College at Western University. Her award-winning teaching and research focuses on the areas of leadership, experiential learning, and youth subculture. As a consultant she has collaborated with a variety of groups, such as Me to We/Free the Children, the New Leaf Yoga Foundation, the G(irls)20 Summit, The World Youth Congress, the International Olympic Academy, Moksha Yoga Inc., and myriad elementary and secondary schools throughout Ontario.

Northlake Woods PS welcomes Dr. Meg Popovic on *Thursday, May 11*, at 6:30 pm, in the school library. Dr. Meg's content is intended for parents; for families who are unable to leave their children at home, there will be a supervised activity in the gymnasium. Registration is not required.