Brunswick Secondary College parents and those from local schools are warmly invited to the *Creating Confident Kids* Parent session. Maria Ruberto is a highly regarded clinical psychologist and speaker who is working with our school on an ongoing basis conducting professional learning for our staff. Positive Psychology is the study of wellbeing, not Happiology. The session will be engaging and offer practical advice and strategies for parents.

A Positive Psychology Perspective on Parenting

Presenter: Maria Ruberto

**Date: Tuesday April 1**

Time: 7.00 – 8.30pm followed by supper in the library.

Cost: A small donation to the school fund supporting students in financial need would be appreciated.

RSVP: Email: Brunswick.sc@edumail.vic.gov.au Phone: 9387 6133
Creating Confident Kids
A Positive Psychology Perspective

The Science of Positive Psychology is the most recent branch of psychology that was founded by Professor Martin Seligman in 1990, which serves to understand the science behind wellbeing; how to create it and how to live it. It is the study of positive emotional engagement and meaning; the study of mental health (as opposed to mental illness) and mental fitness. Happiness and optimism are the key concepts that underpin this approach, partnered with tools that enable young people and adults to live the best life possible.

Positive Psychology enhances our knowledge and understanding of how, why and under what conditions positive emotions, positive character and the institutions that embrace this philosophy enable people to flourish, significantly reduce depression (and other mental illnesses) and live longer, healthier lives. It is about building human potential and the capacity to positively enhance better coping and resilience.

In this workshop we will explore the main contributing theories within Positive Psychology, and how these can benefit our relationships with our children and guide our parenting with strategies that are simple and effective. These strategies become the foundation to help prevent mental illness later on in life and provide families with research to help validate what they see in their children.

Salutegenics Workshops aims to:

- Offer a psycho-educational approach to understanding mental health
- Understand challenges from a neuropsychological perspective
- Teach the tools to better respond to adversities
- Teach the tools to create resilience and wellbeing
- Offer parents a summary of research around supporting their child through adversities

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