

# Developing Resilience in Girls



Presented by Sharon Witt

## Covering Primary and Secondary School-Aged Girls

This is a Community Event  
Everyone welcome!

Wednesday 23rd August, 2017

7pm to 9pm

The Olympic Hotel

31 Albert St, Preston

\$20 per person (at the door) NO EFTPOS

Tuesday 12th September, 2017

7pm to 9pm

Mulgrave Country Club

Wellington Rd & Jells Rd, Wheelers Hill

\$20 per person (at the door) NO EFTPOS

BISTROS open beforehand at both venues

Free on site parking at both venues

## How to BOOK

Email [rick@criticalagendas.com.au](mailto:rick@criticalagendas.com.au)

Include your name, number of tickets required and date attending.

Collect and pay for tickets on the night at \$20 per person.

No EFTPOS.

Enquiries: Ph. 0433 616 771

## About the Presenter

Sharon Witt has been immersed in adolescent world for over two decades in her role as a Secondary Educator, Author and Presenter to adolescents and their parents around the country.

She is also a regular media commentator on issues impacting young people, parenting and educational issues.

Sharon currently appears on Channel 7's *The Morning Show* and *The Daily Edition* as well as having weekly parenting segments on radio in Melbourne and the Gold Coast. She also writes for a range of magazines and parenting websites.

Sharon is the author of 13 books written for young people to help guide them through many of the issues they face in early years, including the best selling *Teen Talk* and now best selling *Girlwise* and *Wiseguys* series. She has also recently released *Resilience Curriculum* units designed especially for teachers and those who work closely with young people.

Copies of Sharon's best-selling books will be available for purchase at the conclusion of the presentation (No EFTPOS).

We all want to see our girls reach their best outcomes and mature into healthy, strong resilient girls. Resilience involves the ability to 'bounce back' or recover when things go wrong or negative experiences impact us. By giving our girls key strategies to develop resilience, we prepare them for life. During this 2 hour presentation (including time for discussion and questions), Author, Educator and Media Commentator, Sharon Witt, will provide key skills and strategies our girls need in order to be resilient, strong and capable young women.

Key topics include:

- The 6 domains of resilience
- Conflict management skills
- The personal values and attitudes we want to foster in our girls
- Developing positive relationships
- How to foster optimistic thinking and self-talk
- Coping with Stress
- Developing resilience with body image
- Being resilient on line

## Testimonials

It is rare to find a person with both a clear understanding of today's teen issues and also the ability to effectively communicate that knowledge to teens and their parents. Sharon is that person! Through her books and spoken presentations, she has touched the lives of many thousands of teens, offering clarity and hope, and real life strategies to help navigate through an increasingly complex world.

Pastor Tony Knight, Event coordinator- CHOSEN

National Teen Leaders Convention

Sharon is an energetic and vibrant speaker, a gifted communicator, who shares her passion and heart with her audience. It is easy to see Sharon's passion and enthusiasm for young people and the issues they are dealing with in their world. Sharon provided many practical suggestions in how we can help teenagers navigate these important years. I would recommend Sharon as a speaker to parents, youth workers, teachers and teens

Amanda Cain, Girls Brigade Victoria

Sharon is a phenomenal guest speaker. She has facilitated a variety of sessions for our youth organisation, and always does a fantastic job! Her sessions are fun, interactive, and relevant and the young girls love them! Sharon's heart and passion for empowering young girls is an inspiration. I highly recommend Sharon for any girls' session

Beck Mitchell, Bridge Builders Organisation

Sharon Witt is passionate about promoting growth and change in young people. She recently presented her Bully Busters programme to our year 7-9 students. Sharon's presentation was full of interaction and she continually encouraged student feedback and participation.

Sharon demonstrated her ability to engage with students and at times, literally have them hanging off her every word. Sharon aims to equip young people with skills in dealing positively with real life issues.

Nicole Laursen, Melton Christian College