

HARNESSING STRENGTHS DURING CHALLENGING TIMES: *Some tips for parents of children with special needs*

Resilience is the ability to adapt to the challenges of life. It's about bouncing back rather than falling apart. Resilient people can thrive despite adversity, defy the odds and achieve positive outcomes despite misfortunes and setbacks. We all need the 'toolbox' of resilience to help us harness inner-strengths during the inevitable stressful times of our lives.

Parenting can prove to be a very challenging role even for the most loving and committed parents. Parenting a child with special needs can prove to be even more stressful and tiring despite the unconditional love and dedication we offer. We need to protect our own relationship, conserve our energy levels for other family members, constantly advocate for our child's rights and needs and work towards having a happy, healthy and fulfilling life. But this seems easier said than done. What can we actually do to help ourselves? What strategies can we apply in order to cope better with stress and grow stronger through the challenges that we encounter?

In recent decades science has uncovered specific traits/factors that can be utilised to harness this 'bouncibility' within ourselves. This seminar will highlight some evidence-based strategies linked to better outcomes during such periods of upheaval in our personal and professional lives

THE FACILITATOR: Shane Martin C.Psychol., Ps.S.I.



Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. His 'Moodwatchers' self-help psychology course has been delivered at community venues throughout the length and breadth of Ireland. He has been a keynote speaker at numerous national and international conferences on a range of topics around empowerment, recovery and happiness.

A leader within the area of education he has visited hundreds of educational institutions on the island of Ireland working with management teams, teachers/lecturers, students and parents promoting a psychology of health, happiness and resilience.

His first self-help psychology book entitled 'Your Precious Life - How to Live it Well' was recently published by Orpen Press. More information available on www.moodwatchers.com



WHEN?

Monday 22nd January @ 10am

WHERE?

Kilronan School
46 Ballyronan Road
Magherafelt

**To book your place contact Kilronan School
on 028 7963 2168 by Friday 19th January 2018**