



The Kaipātiki Kāhui Ako are pleased to announce a **FREE** evening with Kathryn Berkett.



In January Kathryn spoke at our annual teachers' conference around building resilience in our students. Kathryn was inspirational, so much so, that the principals wanted to ensure that our community have an opportunity to hear Kathryn's messages. There are two different sessions depending on the age of your child/ren. Come to one or both!

The Early Years

5-9 years

We all want our children and young ones to be able to make good decisions, to over-ride impulses and to be able to function in a socially acceptable way. These, in our own ways, are how we become good contributing citizens to our community. So how do we build the ability to do this? How do we help our children learn to operate in a way that will assist them throughout their lives, whatever bumps and waves come at them?

This neuroscience session, delivered in easy to understand language, will help you see how you can play a crucial role in developing this in your children. The information will show you how you can build resilience, encourage emotional intelligence and individually support them to experience and negotiate life. You will hear information that is so practical, you will be able to go home and use it straight away.

Navigating the Adolescent Years

10 years +

The adolescent years are an incredible time for change. So much is going on for our youth as they transition from children to adults. This session will outline the main changes that are physically happening in their brains and in their bodies. You will be amazed at what is going on, and it will make so much sense!

Understanding the changes, and how they affect our adolescents, will give you an increased ability to deal with the behaviour that results from them. The beauty of this session is that you can take the information and immediately apply it to your world. 'You have changed our household' and 'I get it now' are very common comments from those who attend this session. Come along and hear how it can help you too.

Kathryn is a mother of two adolescents, with a Masters in Educational Psychology. She will explain what is going on in simple, easy-to-understand language.

Kathryn has been working in this area and training international audiences for over sixteen years; working with groups such as Police, Teachers, Parents, Social Workers, NZRugby and many more.

LEARN WHAT TO DO IN THAT MOMENT OF CONFLICT

REAL 'TAKE HOME' STRATEGIES

EASY TO UNDERSTAND EXAMPLES

19 June 2019

5.30pm – 7pm

The Early Years

7.30pm – 9pm

Navigating Adolescence

COME TO ONE OR BOTH

FREE to attend

**GLENFIELD COLLEGE
KAIPĀTIKI THEATRE**

SEATS ARE LIMITED so please contact your child's school office to confirm your attendance.