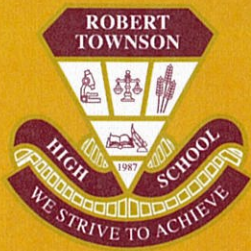


RESILIENCE IN OUR TEENS PARENT & COMMUNITY EVENING

MONDAY, 26 JUNE 2023

6.30PM TO 8.00PM



Parentshop
lifelong behaviour change



Across Australia, school leaders are reporting increasing levels of teenage anxiety. It's not just happening in Australia. Jonathan Haidt, author of *The Coddling of the American Mind*, says that, in a culture of 'safetyism' in western nations, a greater number of teens are being diagnosed with anxiety problems compared with a generation ago.

At this parent and community gathering, Australian psychologist and former school teacher, Michael Hawton MAPS, will throw light on why student anxiety is on the rise. His presentation will cover:

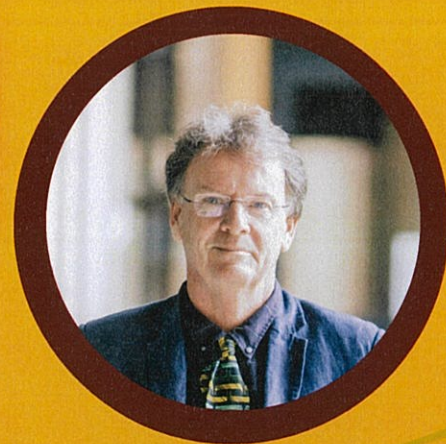
1. Which societal factors are causing anxiety problems in young people.
2. How 'seemingly modest' interventions by key people in a teenager's life can help build emotional resilience in teenagers.
3. What Robert Townson High School teachers are doing this year to reduce student anxiety levels.

The Resilience in our Teens (RIOT) project aims to train teachers in how to identify and manage student anxiety, with a view to helping teenagers handle life stressors.

Michael Hawton is a registered Australian psychologist, trained teacher, author of *Anxiety Coach™*, *Talk Less Listen More™* and *Engaging Adolescents™*. He is an international speaker, media commentator and a father of two. With 30 years' experience working with children and families including in his private practice, working with the United Nations in Seychelles, and preparing child welfare reports for the Family Court, Michael is one of Australia's foremost experts in tough conversations, managing child and teen anxiety and managing difficult behaviours in children, adolescents, and adults. Michael's training programs have equipped over 12,500+ professionals and teachers and 110,000+ parents across Australia, NZ, UK, and the United States since 2006 through 1-2-3 Magic® and Emotion Coaching, *Engaging Adolescents™* and *Tough Conversations™*.

Copies of Michael's new book, *The Anxiety Coach*, will be available for purchase.

[**CLICK HERE TO REGISTER**](#)



Thunderbolt Drive, Raby NSW 2566
02/9824-7777



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