

Workshop Outline: "The Optimistic Child: Fostering Optimism & Resilience in Your Child"

Based on the book, *The Optimistic Child*, by Martin P. Seligman, Ph.D., this workshop shows you how to teach your children the skills of optimism, helping them to achieve more both at school and in life. Learn about the fundamentals of optimism & pessimism, how to measure your child's level of optimism, and strategies to boost your child's ability to combat depression and come back from failure.



During this 90 minute workshop we will explore:

- The perils of the self-esteem movement
- The epidemic of depression
- The fundamentals of optimism
- Measuring optimism
- Where optimism comes from
- Examining the things parents often do that unwittingly undermine optimism
- Problem-solving & decatastrophizing

About Youth Coach Canada

Youth Coach Canada (YCC) is a registered non-profit organization founded by International Parenting & Youth Coach, Rob Stringer, BA, BEd, CPC in 2008.

YCC helps kids, teens, and young adults meet with success by making professional life coaching services & programs available to youth, as well as workshops for parents, educators, and others who support today's youth.

YCC is dedicated to empowering today's youth—teaching them powerful skills to succeed both now and into the future. These skills support key areas: academic success, youth leadership & entrepreneurship, as well as self-esteem & risk-taking.

YCC's mission is simple—to help today's youth lead lives they LOVE! Says Rob, "It's not about raising super-stars, but rather, giving regular kids & teens the skills and support they need to succeed,"

