Mark Le Messurier – PARENT EDUCATION SEMINAR

TOPIC: Setting up for SUCCESS series – Practical ideas to build healthy, resilient young people

Mercedes College Junior School Hall – Wednesday March 11th, 7 to 8.30pm
RSVP to Niamh O’Brien at nobrien@mercedes.catholic.edu.au

RAISING BEAUT KIDS: Recipes for parents on when to say 'yes' and how to say 'no'

Mark Le Messurier is a teacher, counsellor and author. He regularly presents at conferences throughout Australasia and is a recipient of an Australian National Excellence in Teaching Award. Mark works in schools and in private practice in Adelaide with young people he affectionately calls ‘Tough Kids’. He is the architect of the ‘Mentoring Program’ now running in many Catholic and state schools throughout Australia to support vulnerable students. Mark’s latest book - his 9th - RAISING BEAUT KIDS follows hot on the heels of PARENTING TOUGH KIDS which became an international best seller. Mark’s books will be available at the seminar for purchase, using cash or credit card.


RAISING BEAUT KIDS, is beautifully presented in a cookbook-style. Each chapter offers a typical tricky scenario that parents often face at home with their children and teens - accompanied with the ingredients that fire things up! Then a set of ‘Recipe rescues’ are offered as a problem solver: a practical way to respond to kids when they serve up tricky behaviours. The ‘Recipe rescues’ are designed to help parents steer the behaviour of their kids (and their own behaviour) in more positive directions, within the context of building healthy relationships.

This workshop comes from both of Mark’s parenting books - RAISING BEAUT KIDS and PARENTING TOUGH KIDS

Practical ideas to build healthy, resilient young people

What is this prized quality we call resilience?

It must be important. Globally, resilience building programs are a billion dollar industry. They abound with variable degrees of credibility and effectiveness. Can parents do at home what the experts say they can do?

Why is resilience in human beings such a prized quality?

Resiliency, sometimes described as human durability or personal flexibility is such a prized quality as it positions individuals for the inevitable challenges that await them in the future. While the interplay of genetics and environment on resiliency are complex there is much we can do to steer our children in healthy more resilient directions.

So, come on, take the challenge with me; let’s explore what you can realistically do to improve your children's happiness and resiliency. So often it is the simple easy to remember strategies that engage children to think realistically and logically, that transforms behaviour and sets up healthy, resilient lives.

For more information on RAISING BEAUT KIDS and the promotion of RESILIENT THINKING in your children go to;
Mark Le Messurier - YouTube Channel- www.youtube.com/channel/UCOZkkrMU4LdXZc2uT7WY-Uw

“Come on! Come along, bring friends and have some fun with me. I dare you!” - Mark