



Wednesday 9th October 2019
7.00pm
Omagh County PS

Natalie Whelehan will deliver a talk to parents to –

- explain why resilience is a vital set of skills that all children can learn and develop,
- how parents can work with their children on their resilience skills at home and
- how to develop their own resilience skills.

Natalie Whelehan is the founder and lead facilitator of Ready for Anything - a new and exciting approach to fostering and developing resilience skills in young children. She has over 15 years experience of working at a senior strategic policy level with the Children's Law Centre and the Northern Ireland Commission for Children and Young People.

Natalie is currently delivering the Programme through afterschool clubs and during the school day in a number of schools across Northern Ireland.

Ready for Anything is an award winning programme which builds resilience skills in children and it is currently delivered in a number of schools across Northern Ireland.

Each week key resilience building topics are covered.

Activities are designed to relax the children, allow them to have fun, encourage sharing of experiences and feelings, provide them with tools and strategies to cope with life experiences, setbacks and challenges and promote collaboration and optimism. We use participatory learning techniques including demonstration, energizers, songs, games, brainstorming, discussion, problem solving, role-play, arts and crafts.

READY FOR ANYTHING

Ready for Anything teaches children and young people resilience skills, allowing them to deal with life's challenges safely and positively and to develop to their maximum potential. Ready for Anything will foster better mental health among children and young people - equipping them to recognise and regulate their emotions, cope with whatever life throws at them, make positive choices and bounce back from inevitable setbacks.

Ready for Anything will nurture, develop and strengthen resilience skills and improve the wellbeing of children.

THIS MEANS HELPING CHILDREN TO:

- recognise, control and regulate emotions;
- experience less stress and deal with anxiety positively;
- be physically and emotionally strong and healthy;
- be playful and happy;
- feel good about themselves and confident in their own abilities;
- make positive and safe choices;
- be more social and aware of the value of connections at home and in their communities;
- trust others and feel comfortable about sharing feelings;
- support their peers and seek help from peers and adults;
- take the initiative and actively participate;
- cope better with everyday challenges; and,
- solve problems with confidence.

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For more information please contact:
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