

Sara Westbrook ...

UPower PARENTS

www.sarawestbrook.com



'UPower is our own personal power to choose our actions, reactions and beliefs regardless of the circumstances.'

3 + 1 HABITS OF RESILIENT FAMILIES

This is an adults only presentation

As parents and guardians we must be diligent in supporting the development of Respect, Confidence and Resilience in our young people.

Not only are we seeing our young people disrespecting themselves & others because they 'feel' like it, we are also seeing many lacking the confidence to bounce back from challenging times.

Many are making choices from their feelings – 'feelings' that seem not only overwhelming but also permanent.

It is IMPORTANT to have them see that, because feelings frequently shift & change, feelings are not a reliable place to make all choices from.

This presentation provides parents and guardians with strategies that will help them coach their young people in the skills necessary to move through tough emotions and challenges so they can make character based choices to build Confidence and Respect which creates Resilience.

'I wanted to again let you know that you are powerful! I was engaged, amazed and felt empowered that I could be a coach for assisting my children to make the best choices for whatever circumstance they are dealing with.' Parent SJPII School Council Chair

'My son was at the afternoon assembly and I attended the evening session for parents. We both loved your energy and your message. I left armed with a UPower Journal and the motivation to bring UPower into my family. I am excited to have tools to empower them and not just talk. Thanks for your work!' Parent Pierre Elliott Trudeau

To learn more about Sara Westbrook please visit www.sarawestbrook.com