

Richmond Rose Public School

Evening Presentation, with Shyamala Kiru - Family Therapist

April 30th, 6:30 – 8:30 in the gym

**Shyamala Kiru, Family Therapist, will be speaking about Fostering
Confidence and Fostering Motivation in children and families**

Fostering Confidence: Solutions for Overcoming Fear & Anxiety

- Why confidence is critical to success
- The correlation between confidence and anxiety
- How to identify anxiety, aka “The Confidence Killer”
- Simple strategies to help kids boost confidence

Fostering Motivation: Solutions for Overcoming Perfectionism

- Why motivation is critical to success
- The correlation between perfectionism and motivation
- How to identify perfectionism related anxiety
- Simple strategies to help kids/teens set and reach goals

Child minding available – please follow the instructions when you register online

PLEASE REGISTER ONLINE USING THIS LINK:

[RICHMOND ROSE PRESENTATION: EVENT CODE = CHILD](#)

