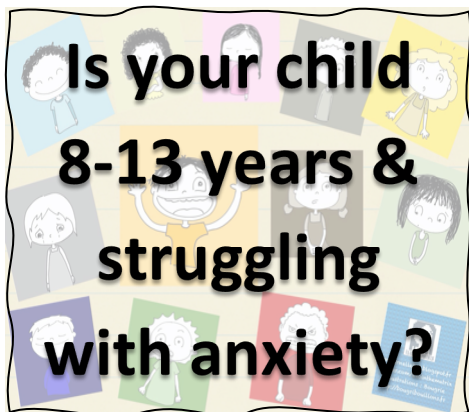




Learn2Flourish

in partnership with:



Bright Thinking

A resilient thinking program for
children and adolescents



Tackle Anxiety... Learn to Cope, Thrive and Flourish!

Learn2Flourish
presents



- ✓ A **practical** 6-week programme for 8-13 year olds.
- ✓ Developed over 12 years ago at **The Resilience Centre** in Australia.
- ✓ Enables a **significant reduction in children's anxiety** and a **dramatic increase in their social and personal competence**.
- ✓ It's **fun** and **engaging**.
- ✓ A **strengths-based** programme - rather than focus on the child's anxiety or worry thoughts, it encourages a focus on what is working!
- ✓ Helps children recognise **pessimistic and optimistic thinking**, while giving them the **solution focused** skills to get from one type of thinking to another.
- ✓ **Involves parents** and has a positive impact on their **thinking**.
- ✓ Delivered locally by a licensed trainer in partnership with **The Resilience Doughnut**.

Visit www.learn2flourish.co.uk to read more about Bright Thinking programmes and the work we do to develop resilience in children and adolescents.

Email:

info@learn2flourish.co.uk
to book a place on our next
programme.

