

# Upcoming Webinar for Parents

## Michelle Mitchell presents: Handling tricky friendship days

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. She left teaching in 2000 and founded Youth Excel, a 'boutique' health promotion charity which delivered tailor made life skills programs and psychological services to thousands of young people and their families each year. Today she uses her experience to write and speak in schools, community events and through media.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



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Watch an overview from Michelle Mitchell

## About the webinar



### Handling tricky friendship days

Friendships can be complex, intense and filled with unpredictable ups and downs. Even though we might wish that our kids could “just get on with it”, most need our active guidance to problem solve daily challenges. In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

Key learning and discussion points include:

- a trusted adult's role in social-emotional education
- the importance of the tiny voice
- six guiding principles to help tweens navigate tricky friendship days
- how parents can help children with the gaps in their development
- tips for supporting extra sensitive kids

The webinar will be held on 2 November 2022 at 8–9 PM AEDT.

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