

Parents Learning: How to Cultivate Resilience Within Ourselves & Others



Resilience is the ability to adapt to the challenges of life. It's about bouncing back rather than falling apart. If you are strong in resilience, you have this 'bouncability' and can harness your inner strengths and coping mechanisms. Becoming more resilient will not mean that problems disappear. It does not mean that you have to become 'as hard as nails'. Resilience is more about learning how to cope – tapping into our own resources and fostering inner-strengths in order to stay well.

**Shane Martin,
Chartered Psychologist of the
Psychological Society of Ireland**

This 'Moodwatchers' psychology course has been delivered at community venues throughout the length and breadth of Ireland. Shane has been a keynote speakers at conferences in Ireland and globally on a range of topics including empowerment, recovery and happiness.

**Wednesday 18th
March 7-8pm**

