

BUILDING CONFIDENCE IN KIDS

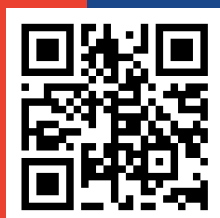


A Parent Workshop with **ANGELA LOCKWOOD**



Tuesday 18th October 2022
St Anthony's Primary School
Kingscliff
6.15pm - Refreshments
6:30 - 7:30pm Presentation

Please RSVP for catering purposes
by Monday 17th October
Click [HERE](#) or go to
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A lack of confidence can be debilitating for kids. It can stop them from stepping out of their comfort zone, from speaking up in class, from making friends, from participating in school experiences and sometimes from trying at all. As a result kids with so much potential get stuck and become overwhelmed by fear. In this practical workshop school based Occupational Therapist, creator of online parent membership Calm Confident Kids and host of "A Kid's Life" Podcast, Angela Lockwood will share;

- Factors that can impact how a child feels about themselves.
- Signs to recognise your child may be struggling with low confidence.
- Simple yet powerful ways you can help build your child's confidence, even when they do not feel good enough.

Our kids deserve to feel optimistic and confident to step forward. Join Angela as she helps you gain the confidence in bringing out the best in your child.

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**Catholic Schools
Parent Assembly**
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Learn more about Angela Lockwood

School based Occupational Therapist, Creator Calm Confident Kids online parent membership, Author, Podcast Host "A Kid's Life".

<https://www.angelalockwood.com.au/workwithAngela>



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