



THE BRITISH INTERNATIONAL SCHOOL
ABU DHABI
A NORD ANGLIA EDUCATION SCHOOL

PROMOTING RESILIENCE

PRESENTED BY Sara Bidawi

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THE BRITISH
INTERNATIONAL SCHOOL
ABU DHABI

QUICK INTRO...

Lebanese-
Canadian

Psychology
Education
Forensic Psychology

Teacher
9 years
Counsellor
8 years

15-year-old
daughter

UAE
2013

SESSION FOCUS

- What is Resilience?
- What factors influence resilience?
- Practical steps to help you develop your child's grit
- Q & A



WARM UP ACTIVITY



Mum who waxed toddler's eyebrows says she did it to save child from bullies


SUCCESS

Our society is obsessed with success. We believe that in order to be successful you need:

- Talent
- High IQ
- Top grades


- Researchers found another factor that is even more important.
- Not good looks, social intelligence, physical health or IQ.





Psychologist
**Angela
Duckworth**



- Became a teacher and noticed that some of her top students were not the smartest.
 - Some of her brightest students were not the highest performers.
 - Interviewed: kids & adults
 - Top corporate salespeople
 - Successful athletes
 - Elite military personnel
- 

**Who is
successful
here and
why?**

SUCCESS

One characteristic that was a **significant predictor** of success: **GRIT**

- Ability to cope with difficult times and be able to pick yourself up after being knocked down.
- Managing stressful situations by dealing with difficult emotions.
- Working very hard toward achieving long term goals, in spite of wanting to give up.



How Do I Help My Child Become More Resilient ?





Question: What things make it hard for our children to be resilient?



CHALLENGES



- Negative past experiences
- Lack of interest
- Lack of emotional regulation
- Perceived incompetence
- Learning difficulties or other additional needs
- Unsupportive environment
- Personal traits
- Multiple stressors
- Family conflict
- Social media



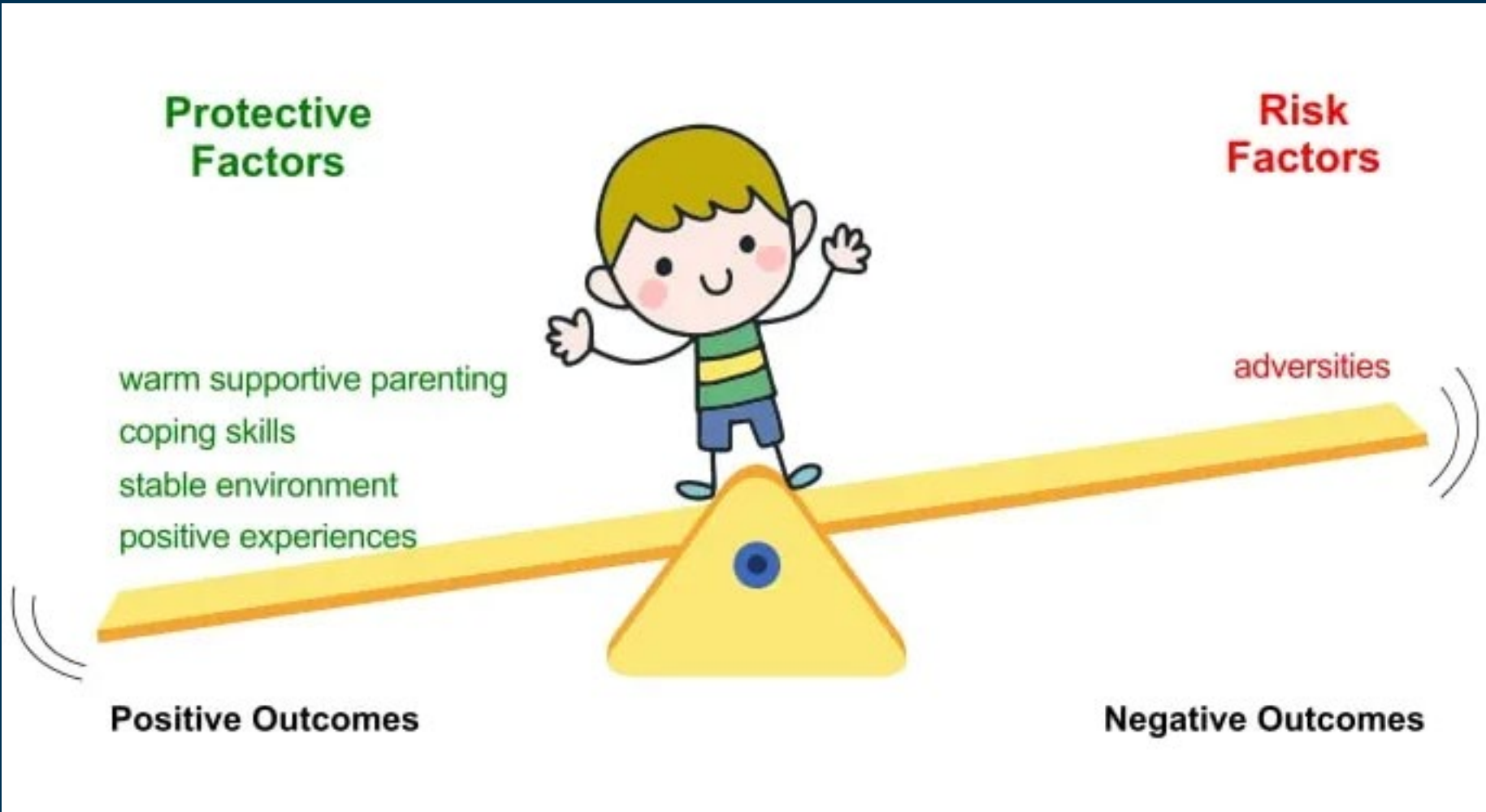
GOOD NEWS:

GRIT CAN BE LEARNED

**Not something you either
have or you don't**

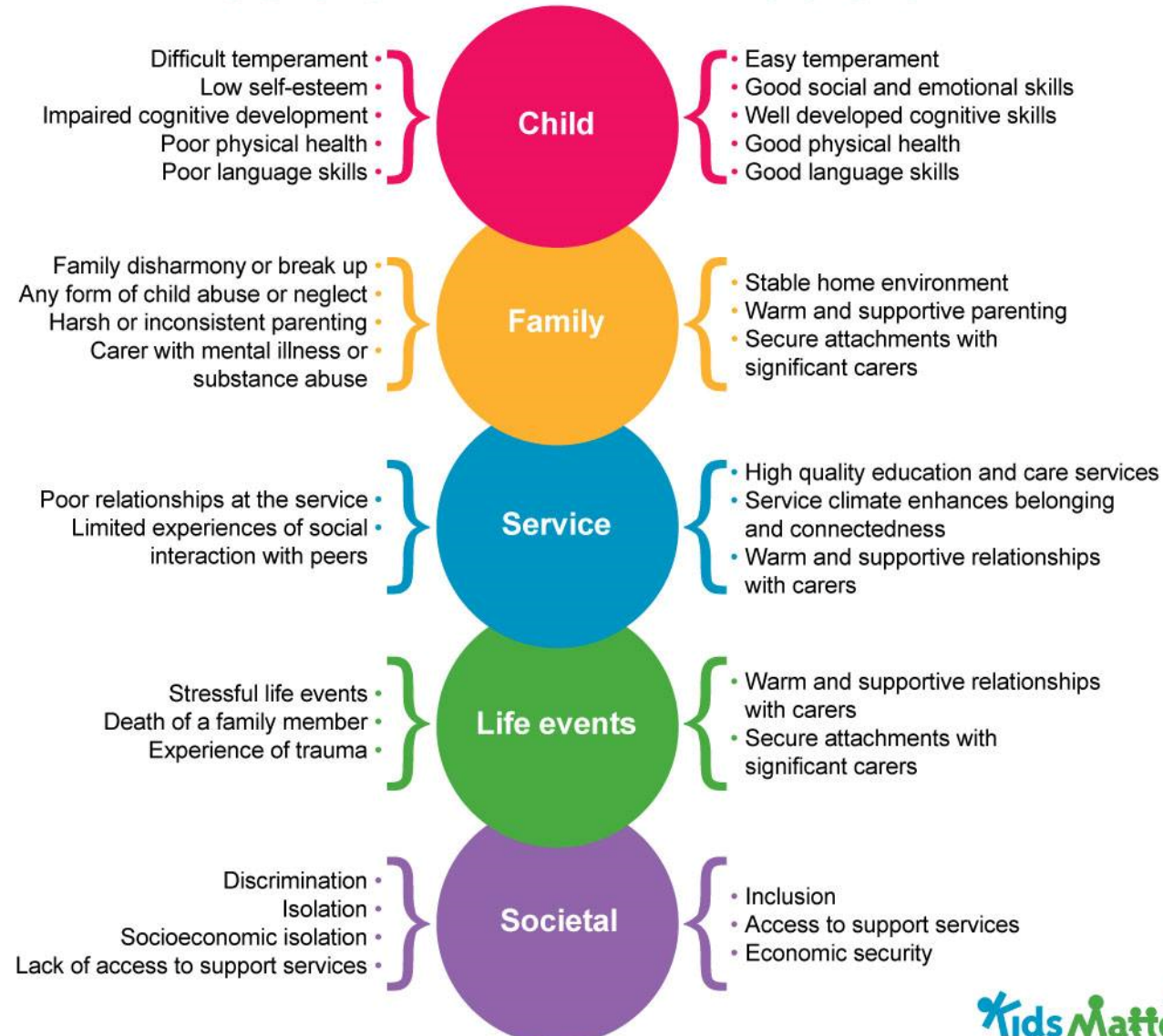


RISK FACTORS VS. PROTECTIVE FACTORS

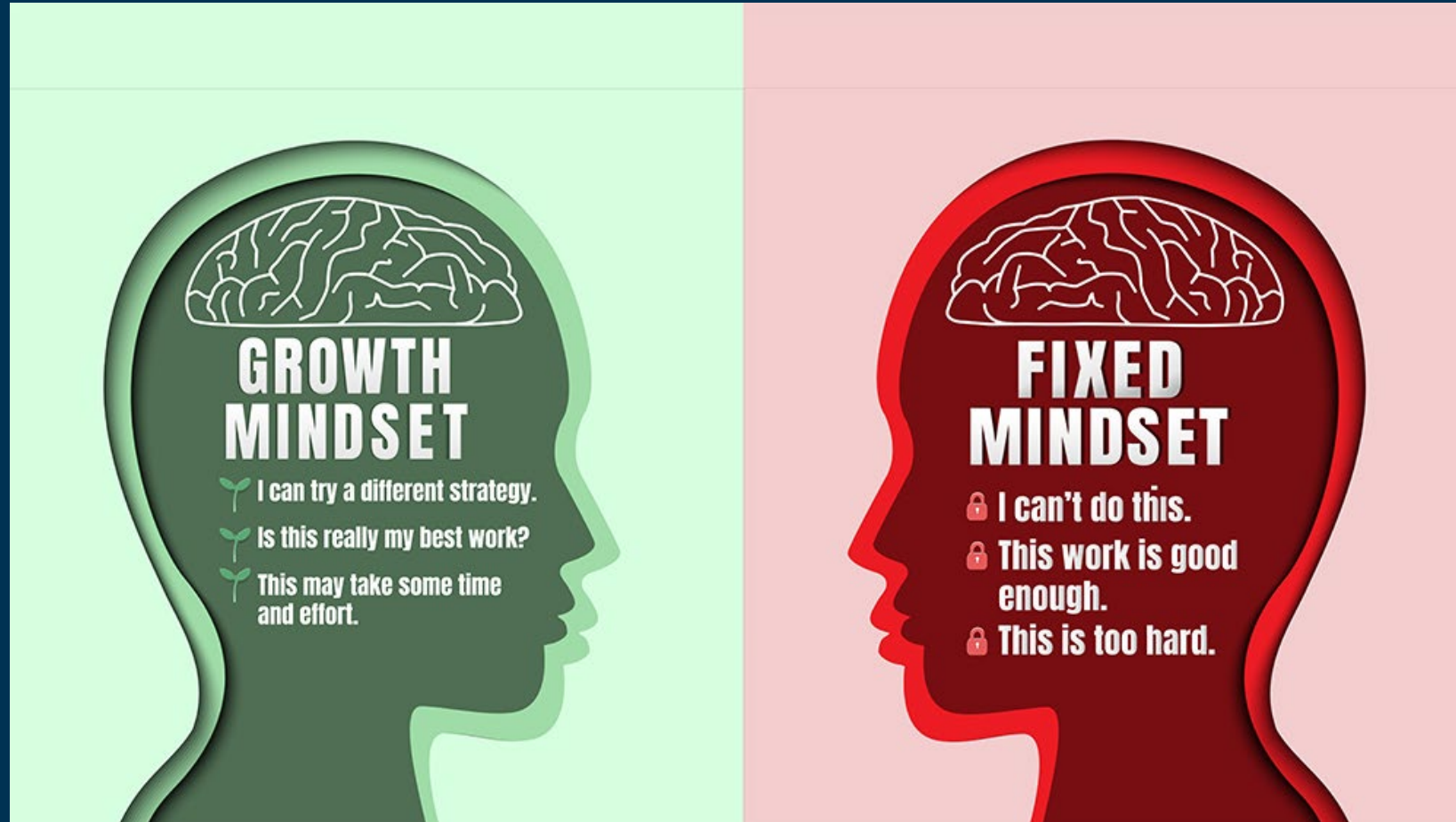


Risk Factors

Protective Factors



GROWTH MINDSET





DEVELOPING A **GROWTH MINDSET**

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

HOW BIG IS YOUR PROBLEM?

Categorizing Problems

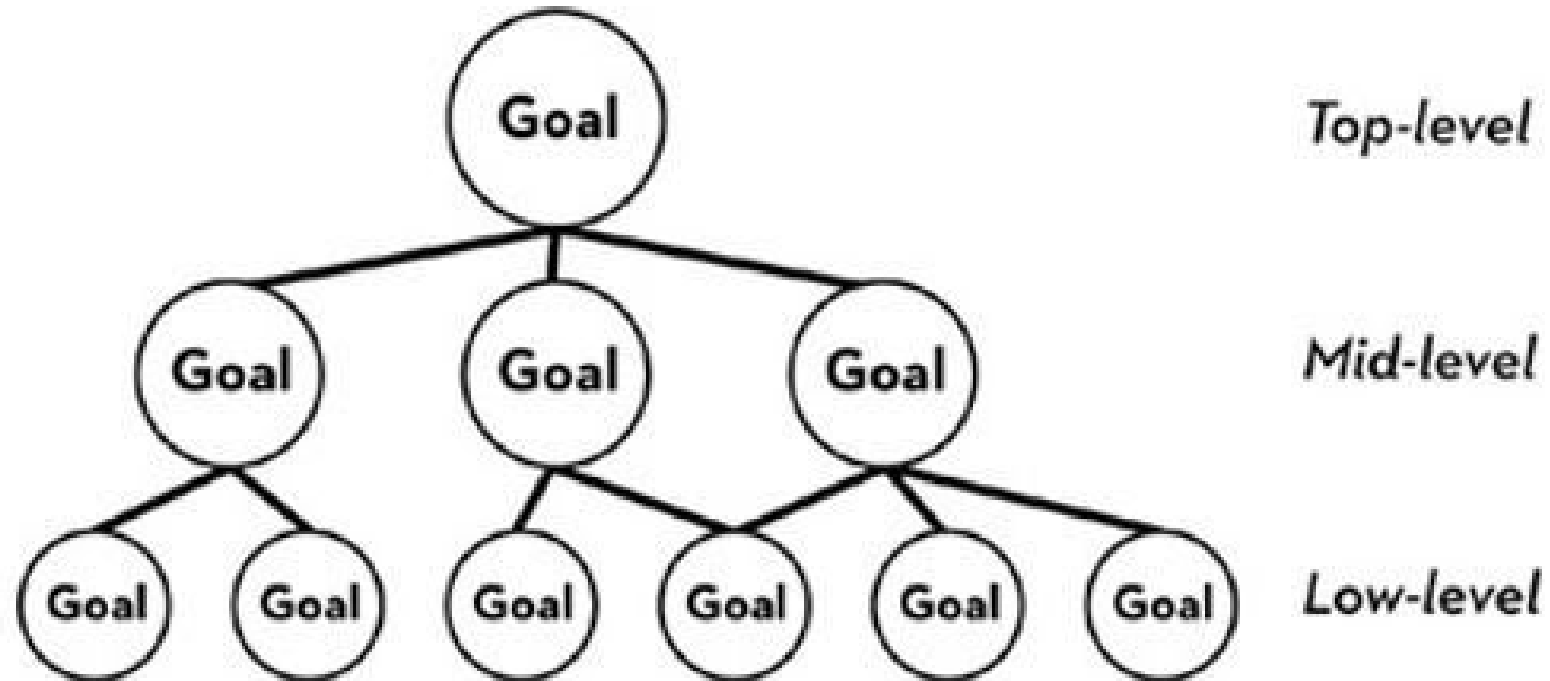
Critical

Big

Medium

Small

GOAL SETTING



OTHER IMPORTANT THINGS TO CONSIDER...

- Consequences & learned helplessness
- Friends
- Role models (self, family, historical figures)
- Independence
- “I can’t force my child”

RESILIENCE BEGINS WITH YOU!



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RESOURCES - RESILIENCE

- au.reachout.com
- www.mindsetkit.org/growth-mindset-parents
- apa.org
- Healthychildren.org
- Kidshealth.org

Podcasts:

- [How Not to Screw Up Your Kids](#)
- [Speaking of Psychology](#)

QUESTIONS?

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