



Perth College
Anglican School for Girls

Leader in Action Series Hugh van Cuylenburg

Founding Director of The Resilience Project



INSIDE

OUT

INNER DEVELOPMENT. OUTER EXCELLENCE

In 2011, Hugh van Cuylenburg travelled to Bangladesh to visit his brother who was working as a photographer for the United Nations. Whilst following his brother on his various projects, he was fortunate enough to spend time in a school that had been established to look after under privileged girls in one of the tougher slums in the world. The young girl who was the head teacher at the school had exceptional insight into how to create positive emotion in order to build empathy, resilience and optimism.

Hugh will be sharing this story and relating this to the latest research into building resilience and emotional wellbeing. In particular, he will be relating his experience to research from Dr Karen Reivich, Professor Martin Seligman and Dr Barbara Fredrickson. The evening will include practical strategies that parents can use in order to help support the development of a

resilient child at home. His presentations are highly engaging and entertaining.

"I went along to the session to gather strategies for my daughter. I was delighted with what I learnt for her. However, I also left the session feeling inspired to make major changes in my own life as well. An invaluable evening" Parent - Boroondara Park School.

Date:	Monday 14 August 2017
Time:	6.45 pm - 8.45 pm
Venue:	Judith Cottier Theatre
Cost:	Free to Perth College Parents and \$15 for the Community
Register:	www.trybooking.com/FQTQ