



ILLAWARRA AND SOUTH EAST REGIONAL (ISER) COUNCIL  
OF PARENTS AND CITIZENS ASSOCIATIONS

# SECOND NOTICE

## Term 4 2009

# Relationships Resilience Responsibility

**Regional Parent Conference**  
**Saturday 8 May 2010**  
**Smith's High School, Wollongong**

*A conference that explores the special characteristics of young people aged 12-18 years and the skills and attributes they may need to become confident, productive and ethical citizens in a world of constant change.*

## TOPICS AND SPEAKERS



in your P&C mailbox at the beginning of Term 1 2010 for your conference packs with registration forms and program.

The conference is an initiative of the ISER Council of P&C Associations in partnership with Smith's Hill High School, Smith's Hill High School P&C Association and the NSW Department of Education and Training Regional Schools Office.

All inquiries to Christine May 44 751618 or 042 726 2376 (daytime) 02 44786240 (evenings)



## Understanding and Engaging Generation Y

**Michael McQueen (Keynote Speaker)**  
**Social Researcher, Nexgen Group**

A graduate of Wollongong University, Michael McQueen is an engaging and inspiring presenter with a fantastic depth of knowledge about generation Y. In this presentation, Michael outlines the influences and characteristics of each generation throughout the 20th century and highlights how each group's mindsets, attitudes and expectations differ based on the year they were born. Michael explores Generation Y's paradigm when it comes to truth, patience, respect, communication, loyalty, learning and the future.

***Get set for a revealing and humorous look at how this younger generation approach and view the world in a very different way to their parents, teachers, and employers.***

## The Good Mood Safari and Personal Leadership in Schools

**Graham Gould, Executive Director**  
**Lifeline South Coast (NSW)**

The Good Mood Safari is an innovative program that uses positive psychology approaches to increase personal leadership capability. Developed with the help of the University of Wollongong, the Good Mood Safari was put together using evidence based psychological concepts including goal setting, light, stress management, gratitude, optimism training, mindfulness, signature strengths, movement, valued directions, achievement and pleasure and hope theory. Instead of providing a set menu of the steps to happiness, the Good Mood Safari encourages people to reflect on what they want from life and design their own path. It offers a smorgasbord of tools from which participants can choose those that will help them enhance the pleasure, engagement, meaning and physical health in their life.

***This presentation will outline plans for introducing the Good Mood Safari® and its relationship to personal leadership to school students. You will be the first to find out about this.***

## Caring for our student

**Greg Hand, Student Support Coordinator**  
**Student Counselling and Welfare, DET**

One definition of resilience is "the ability to bounce back from life's traumas. In this workshop participants will learn about the range of student wellbeing initiatives currently being implemented in schools across the Illawarra and South East Region and the role that these initiatives play in developing students' resilience. Initiatives such as *Positive Behaviour for Success (PBS)*, the *MindMatters* program and 'You Can Do It' will be examined in detail.

***This session will show how attention to our children's wellbeing is an important part of the support provided by NSW DET to the Region's public schools.***

## Creating Responsible Children

**Graham Parry, Psychologist, Parent**  
**Guidance Officer, DET.**

Parenting is hard work. It seems to be getting harder and parents are feeling like they are fighting their children just to get the simple things done let alone the difficult things. Ask parents what they want in their children and they will say they want happy, respectful, capable and resilient children who will be well equipped to find their way in the world. In most cases they are well on the way to achieving this but at home the same children manage to act in just the opposite way. This talk is designed to change all that. This is about practical and easy strategies that can be used at home to get kids to behave for you like they do when they visit somewhere else. Yes: those friends who tell you what wonderful kids you have. It's not a dream. It can happen. Come along, bring a list of things you would like to change and hopefully leave empowered to go home and shift the balance back in your favour without all the emotion.

***This is all about creating responsible children. Graham's sessions always rate very highly with parents and the take home strategies work immediately!***