

Living Well - Skills for Your Future

CONROE ISD, Fusion Academy, Cypress Creek Hospital, Center for Discovery, Eating Recovery Center, and Teen & Family Services are proud to present Christian Moore and Allison Marek on *Skills for Your Future*. Being resilient in times of challenge and adversity is essential in order to thrive and not merely survive.

Thursday, OCTOBER 19th
7:00 – 9:00 pm

The Woodlands College Park High School Auditorium
3701 College Park Drive
The Woodlands, TX 77384

**Appropriate for parents and children age 13 and older. No registration necessary.*

Questions?

Contact Denise Cipolla, CISD Coordinator for Guidance & Counseling, at 936-709-7846.

The Resilience Breakthrough

Research has shown that resilience can be fostered and increased in adolescents – that they can learn skills to help them adapt and even thrive amidst tremendous challenges. WhyTry programs help you understand these skills using an engaging, multisensory approach, which will completely change the way your students view adversity. Studies have shown that students who score higher on resilience measures have improved social skills, higher grades, a greater love of learning, and better decision-making skills.



everyday resilience.

Christian Moore is an internationally-renowned speaker, author of *The Resilience Breakthrough*, founder of the WhyTry Program, and the nation's leading expert on practical

The Daring Way

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead by exploring topics such as vulnerability, courage, shame, and worthiness. We examine the thoughts, emotions, and behaviors that are holding us back and we identify the new choices and practices that will move us toward more authentic and wholehearted living.



adolescents, young adults, geriatrics, and adults.

Allison Marek, LCSW, CDWF, is the Program Director for Center for Discovery. She is certified in the Daring Way™ method and has facilitated it with

