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Raising resilient children

The American Psychological Association proclaims that, the ability to thrive despite these challenges (of childhood) arises from the skills of resilience". The good news is that resilience skills can be learned. Building resilience; the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress can help our children manage stress and feelings of anxiety and uncertainty. The most pressing need seems to be to teach children the soft skills necessary for developing resilience. This workshop aims to describe a comprehensive model for understanding soft skills and to provide an innovative model for soft skills development in children. The workshop provides a bridge between research, teaching and practice and provides a comprehensive overview of soft skills from their definition to their expression and application in the real world.

Biography

Sydney Engelberg is a Founding Director of the Program in Community Psychology at the University of New South Wales, Sydney, Australia, taught at Clarke University and Derby University, England and consulted to the World Bank, UNICEF, IBM, Microsoft and Intel. He is currently on the Faculty of the Schwartz Program in Nonprofit Management, School of Social Work and Social Welfare and the Nonprofit Management and Leadership program at the Rothberg International School, both at the Hebrew University and is a Visiting Professor at the Business School, University of Bologna, Italy. He has his own consulting practice with clients in the private, public and nonprofit sectors.

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