

***WE ARE NOW HAPPY
TO BRING TO YOU
EXPERTS SPEAK!
WE VALUE YOUR
FEEDBACK, DO WRITE
TO US IF YOU HAVE ANY
SUGESSTIONS OR
IDEAS FOR UPCOMING
ISSUES!***

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Expert Speaks: Building resilience in children

By Dr. Ali Khwaja, Chairman of Banjara Academy



Actually, we need not build resilience in children – they come with nature’s gift of resilience. Their resilience, curiosity, self-esteem and ability to learn, which is so visible and is manifested in different ways, is slowly pulled down by circumstances, well-meaning adults, and the way we unknowingly suppress them. I have always felt that the less we try to push, pull, guide and control children, better is the probability of them developing resilience, motivation, autonomy, and life skills. Being a Montessori child, I strongly advocate the simple but highly effective formula of Dr. Maria Montessori i.e. “Follow the Child.” Basic life skills such as decision making, motivation, self-awareness and social skills are best learnt by trial and error. Parents and teachers need to develop greater trust and faith in the child, and need to reduce their own sense of importance.

For those adults who feel the need to constantly supervise over their children (earlier they were called “helicopter” parents, but they have now become “drone” parents, with closer watch and control increasing steadfastly), let them observe any and all animals. The highly protective animal-mother very soon evaluates that the little ones are capable of managing themselves, and encourages them to start exploring the world. The best example is of the Mother Eagle who feeds the eaglets for certain number of days, and one fine day just pushes them out of the nest which may be hundreds of feet above the ground!

The key lies in empowerment, allowing them to make mistakes, to stumble – and get up. Conversing with them about their choices and learning, giving positive strokes on efforts (not just on achievements) can ensure that every child will learn how to fend for themselves and face most unexpected challenges that are waiting for them round the corner. Today’s children are far more capable than we were. Let us trust them to carve out their own path in life.



Build Resilience Through Self-Compassion

*Have you ever felt like you are pouring from an empty cup?
You aren't the only one!*

You can now enroll for an online workshop for people who work with children and parents on resilience.

In this workshop, you will

- Shift your inner dialogue from a space of self-criticism to a space of acceptance, kindness and compassion*
- Be able to access love & acceptance for yourself whenever you need it*
- Learn a practice to take with you that you can do anywhere to help you on your journey towards building resilience*
- Have an experience of being supported and being enough*

June 3rd, Saturday 4pm - 6.30pm ₹1999/-

BONUS



Workbook

A journal to help you capture, reflect & continue to build your resilience post the workshop

Meditation

An audio meditation to help you find acceptance, kindness & compassion for yourself and others

Support

Special discount to an exclusive support group to help you to continue building resilience

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