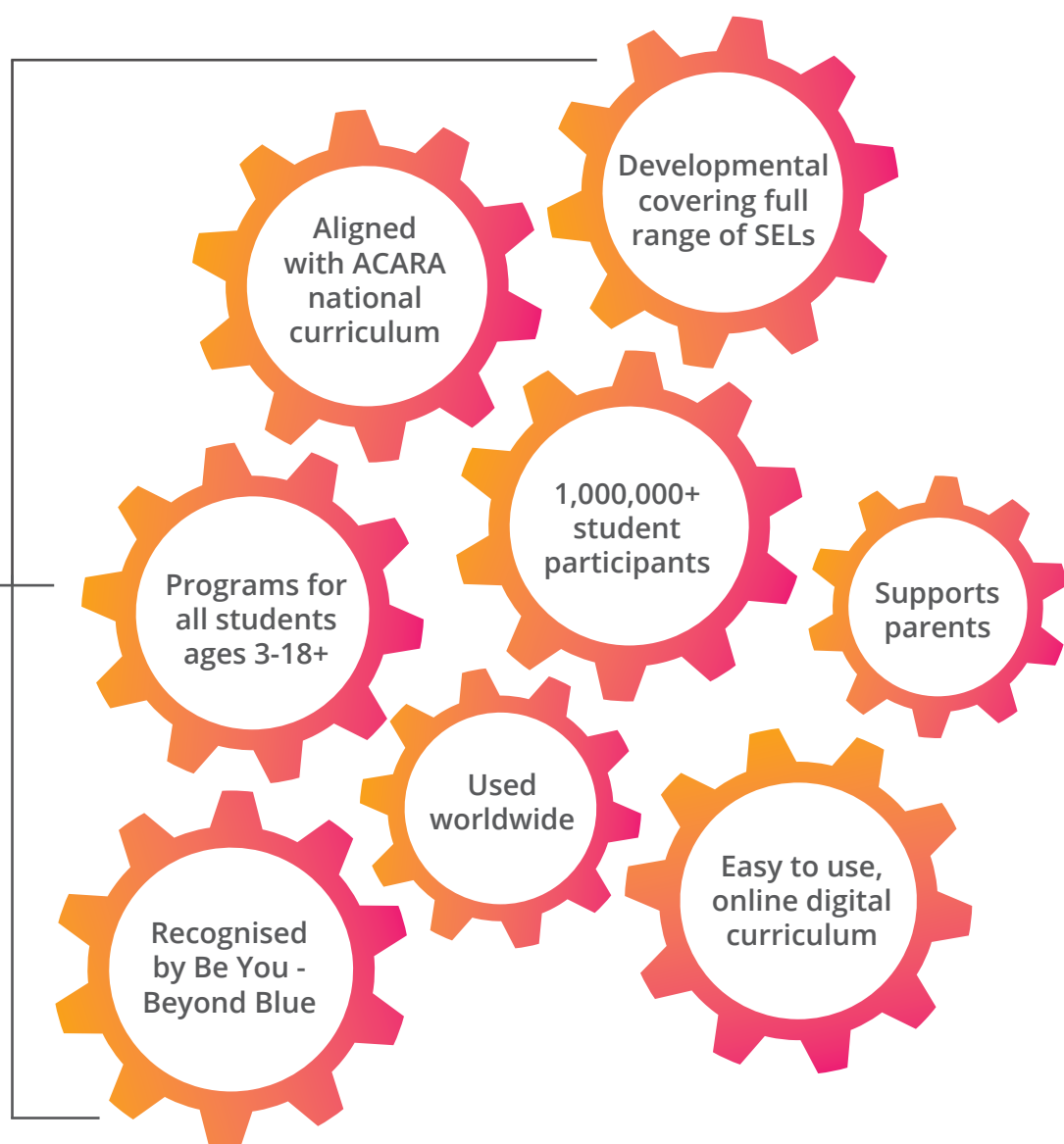


YOU CAN DO IT! EDUCATION



2024 CATALOGUE

**SOCIAL-
EMOTIONAL
LEARNING
FOR ALL**



1800 155 603
enquiries@youcandoiteducation.com.au
youcandoiteducation.com.au

ABOUT YOU CAN DO IT! EDUCATION

resilience o confidence o persistence o organisation o getting along

You Can Do It! Education (YCDI!), Australia's first social-emotional learning program, is being implemented in 1,000s of schools with students of all ages. The Founder of YCDI! is Michael E. Bernard, PhD, Emeritus Professor at California State University, and a former Professor at the University of Melbourne.

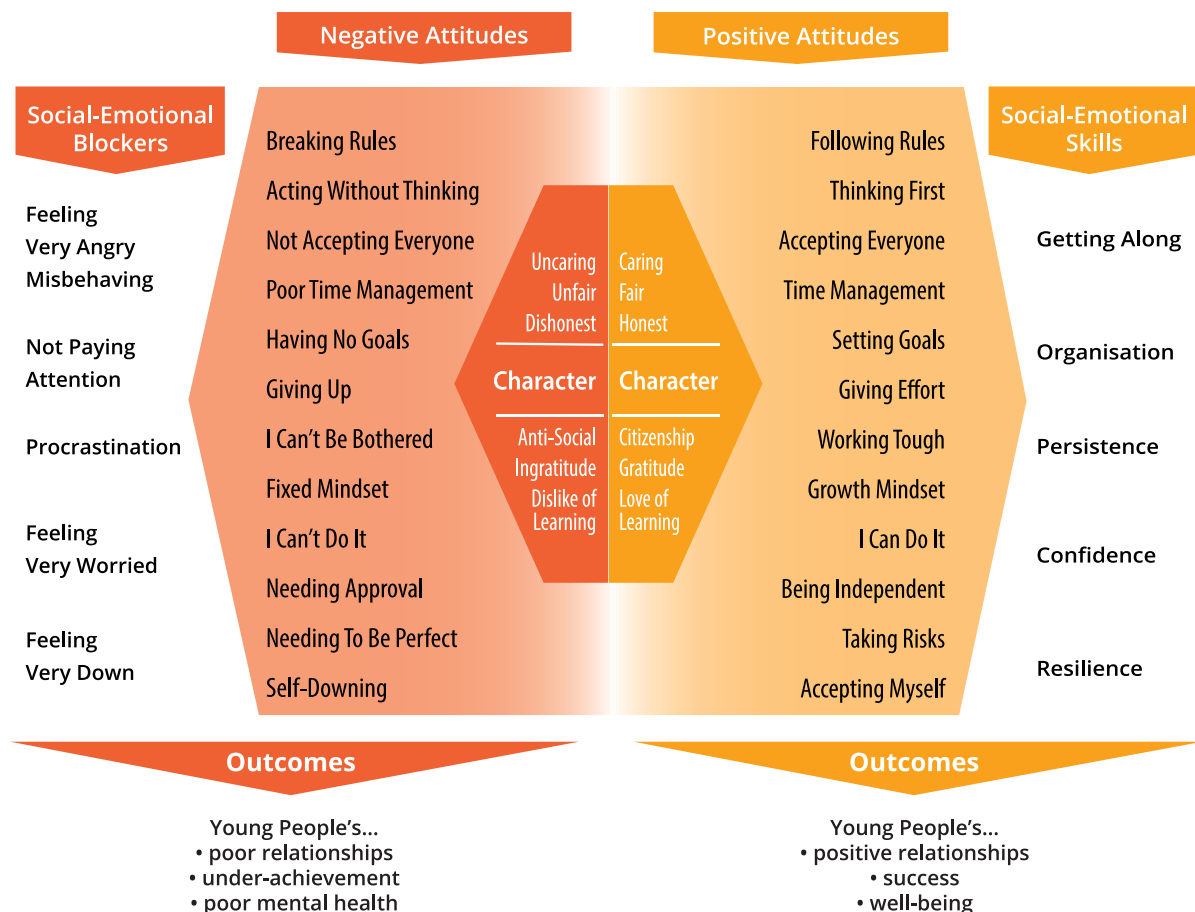
YCDI! Education is best known for its online, social-emotional learning curricula programs which teach 5 social-emotional skills (5 Keys) for success and wellbeing: confidence, persistence, organisation, getting along, and resilience.

Program Achieve and The Successful Mind curricula help students to overcome social-emotional difficulties like anxiety, feeling down, procrastination and not paying attention.

All lessons align with ACARA's Personal and Social Capability Framework and are based on current research in child psychology, educational psychology, positive psychology, and cognitive-behavioural interventions for students with social-emotional difficulties.

Over 1,000,000 students of all ages have participated in our programs.

COGNITIVE-BEHAVIOURAL, SOCIAL-EMOTIONAL LEARNING FRAMEWORK

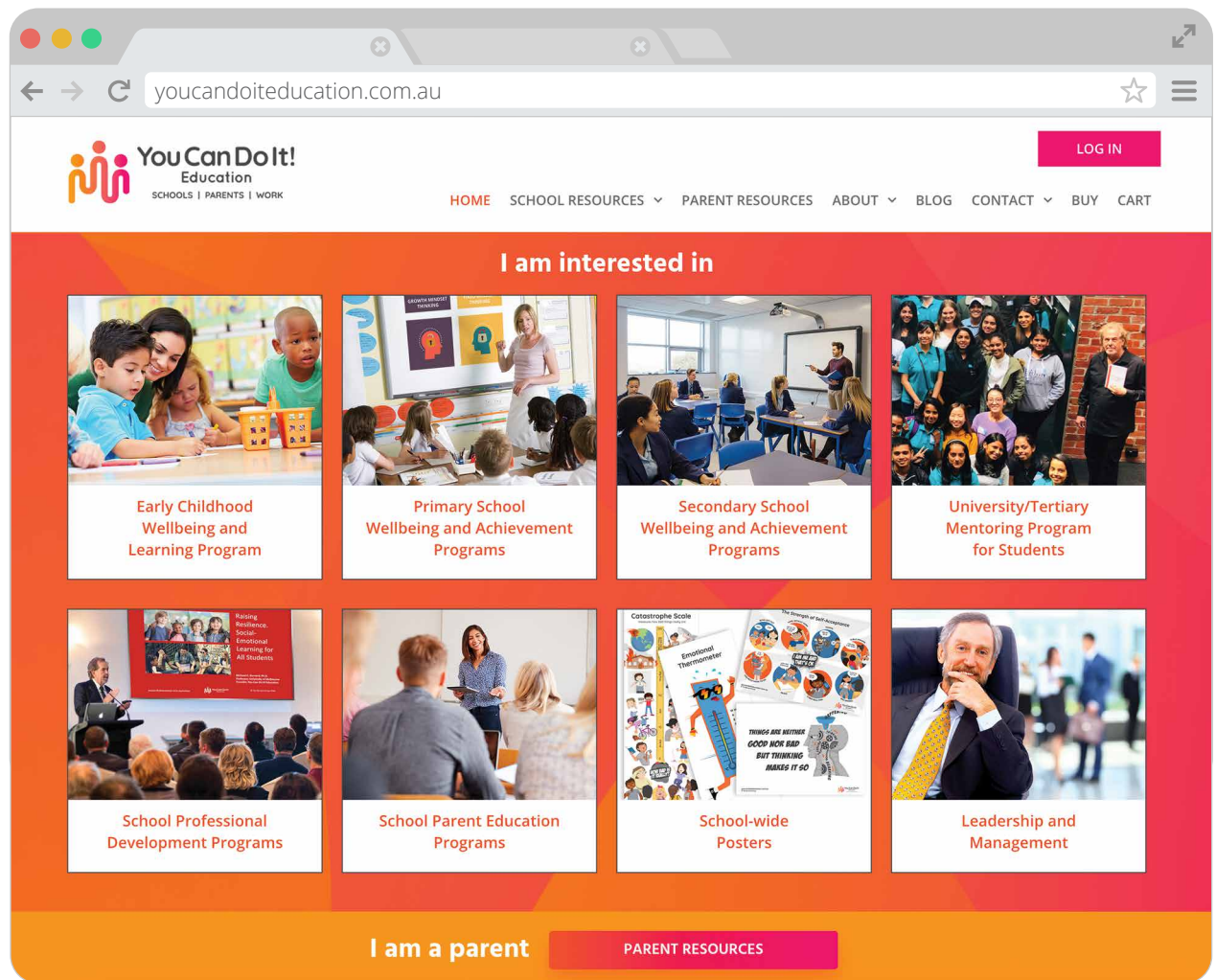


THINGS ARE NEITHER
GOOD NOR **BAD**
 BUT
THINKING
 MAKES IT SO

**YOU CAN DO IT! EDUCATION
 PROGRAMS AND PRACTICES
 TEACH STUDENTS POSITIVE
 ATTITUDES AND HOW TO
 ELIMINATE NEGATIVE THINKING.**

youcandoiteducation.com.au

OUR SOLUTIONS



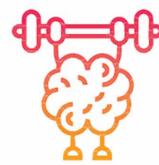
Understanding 'how and why' different learning tasks help or hinder the abilities of our students' brains is enormously empowering as a teacher. To learn what neuroscience has revealed about how the brain influences students' learning and discover the science behind the learning activities that form part of the You Can Do It! Education Program Achieve lessons [read our technical report](#).



Arousing student curiosity and attention with stimulating images, props and discussion



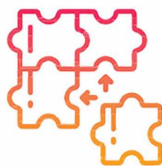
Heightening brain chemical levels with interactive learning activities



Challenging tasks which develop students' pre-frontal cortex



Re-coding activities aids students' processing and memory retention



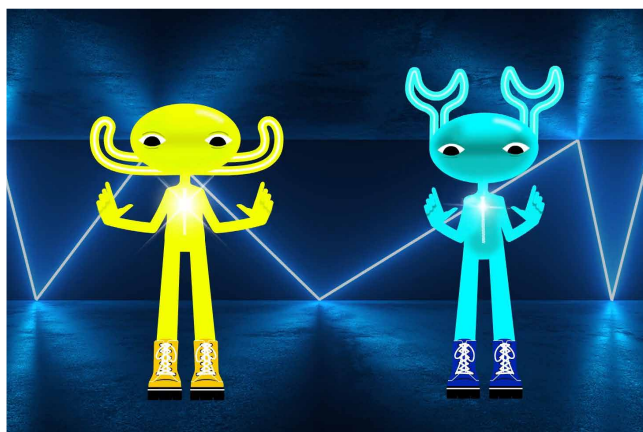
Helping students connect new knowledge with previously learnt social-emotional content



Helping students see lessons as relevant to their lives



Increasing students' awareness of how to regulate their amygdala when stressed



Target Audience: Young people aged 9 – 16+

Further Details

<https://youcandoiteducation.com.au/product/accepting-myself/>

Includes access for all students

00. ACCEPTING MYSELF. HOW TO HELP YOUNG PEOPLE FEEL WORTHWHILE NO MATTER WHAT (AGES 9 -16+)

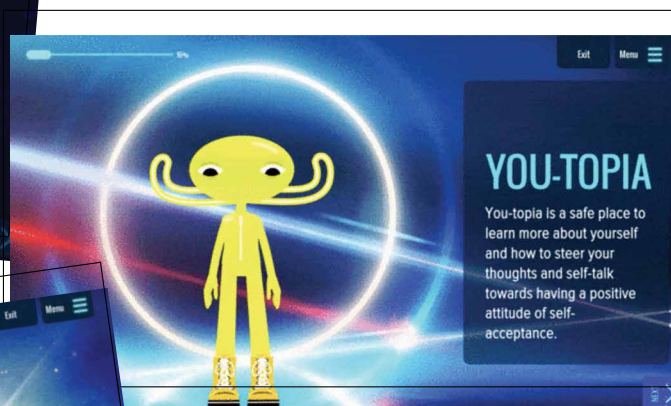
A three-part student-directed online self-acceptance eLearning program that takes 30 to 60 minutes for students to complete.

For ages 9 -16+, Accepting Myself incorporates the latest developments in online, interactive instructional technology to provide a fun and engaging student eLearning program. Set in outer space, students learn the psychological superpower of self-acceptance - to feel worthwhile no matter what!

Unfortunately, many young people have a well-developed tendency to take things personally – so much so that they lose sight of their positive features.

Without self-acceptance, students are exceptionally vulnerable to stress. As a result, they can experience intense anxiety, depression, anger, and under-achieve in their schoolwork.

Students who use Accepting Myself develop a capacity to change self-criticism to self-acceptance, leading to greater self-awareness, self-worth, confidence, self-management, independence and resilience.





Early Childhood Wellbeing and Learning Program

01. PROGRAM ACHIEVE EARLY CHILDHOOD. A SOCIAL-EMOTIONAL LEARNING CURRICULUM (AGES 3 - 6+) WITH PD COURSE

A Social-Emotional Learning Curriculum for children ages 3 – 6+ including Foundation/Prep years

This extremely popular program teaches the positive attitudes and social-emotional skills that develop young children's resilience, confidence, persistence, organisation and getting along.

This new 5th edition includes brain-based activities, teaching suggestions for 3-4 year olds and a comprehensive professional development course.

A team of teachers experienced in social-emotional learning, along with Dr Michael Bernard, have developed these lessons.

Two short animations introduce young children to Ricky Resilience, Connie Confidence, Pete Persistence, Oscar Organisation and Gabby Get Along.

Purchase of a first-time subscription includes one set of hand puppets of the five characters.



Target Audience: Teachers of young children in Early Learning Centres, Kindergarten, Foundation, Pre-School and Preparatory year

Further Details

<https://youcandoiteducation.com.au/product/program-achieve-early-childhood/>

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.



Sample
Student Worksheet

Primary School Wellbeing and Achievement Programs



Target Audience: Teachers of primary age students

Further Details

<https://youcandoiteducation.com.au/product/program-achieve-primary-years/>

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.

02. PROGRAM ACHIEVE PRIMARY. A SOCIAL-EMOTIONAL LEARNING CURRICULUM (YRS 1 - 6)

The Program Achieve Primary curricula contain lessons that teach attitudes, values/character strengths and social-emotional skills for success, relationships, wellbeing and overcoming social-emotional blockers.


A scope and sequence has been developed based on this framework covering 8 lessons for each of four terms (32 lessons each year level) covering:

- Part 1.** Achievement: work confidence, persistence, time management, organisation including goal setting and teamwork.
- Part 2.** Relationships: values, character strengths and getting along skills.
- Part 3.** Wellbeing: resilience and happiness.
- Part 4.** Social-Emotional Blockers: feeling worried or anxious, feeling down, feeling angry, not paying attention and procrastination.

The new 5th edition includes Brain-based social-emotional learning activities developed by Tammy-Anne Caldwell, one of Australia's leading educational neuroscience specialist teachers now incorporated into lessons.

Each social-emotional learning lesson addresses one or more aspects of the ACARA national curriculum's Personal and Social Capabilities.

PROGRAM ACHIEVE YEAR 5 | PART 1 | LESSON 6: KICKING GOALS WITH GOAL SETTING
Long Shots, Short Shots



Instructions: Work with a partner or group. Together, set three short-term goals for each long-term goal listed below. Include a beginning, middle, and final step in each set of short-term goals.

1. Long-Term Goal: I want to be an astronaut someday.
Short-Term Goals:
First step _____
Middle step _____
Final step _____

2. Long-Term Goal: I want to go to university.
Short-Term Goals:
First step _____
Middle step _____
Final step _____

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Sample
Student Worksheet and Teacher Guide

PROGRAM ACHIEVE YEAR 5 | PART 4 | LESSON 29: HOW TO WORRY LESS
Teacher Guide. Worry Lifesaver

WORRY LIFESAVER



YOU
"Things go wrong but it's not the end of the world."
"I can cope when bad stuff happens."
"Mistakes are a natural part of learning."
"Not everyone will like what I say and do. That's OK."

Calm Down
Take 3 slow deep breaths.
To stop worrying thoughts, look at and name 3 things in the room.
Think a happy thought.

DO
Let your teacher know that you are worried.
Talk to a parent or other family member about what worries you.
Chat with a trusted friend about how you are feeling.

IT!
Talk to Someone

Positive Action
Draw or write about your worry.
Do something fun to take your mind off being worried.
Work hard to do the best you can.
Find friends who share common interests.

CAN
Self-Talk

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Secondary School Wellbeing and Achievement Programs



03. PROGRAM ACHIEVE SECONDARY. A SOCIAL-EMOTIONAL LEARNING CURRICULUM (YRS 7 - 10)

Program Achieve Secondary provides teachers access to digital activity plans, downloadable Teacher Guides and Student Worksheets. This curriculum is deliberately designed to contain short, targeted activities delivered in 15 – 20 minute periods during the busy, timetabled secondary school day.

Target Audience: Teachers, school psychologists, counsellors and student wellbeing coordinators of students in years 7-10

Further Details

<https://youcandoiteducation.com.au/product/program-achieve-secondary/>

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.

The new 5th edition includes Brain-based social-emotional learning activities developed by Tammy-Anne Caldwell, one of Australia's leading educational neuroscience specialist teachers now incorporated into lessons.

The Program Achieve Secondary curriculum consists of 64 digital activities organised in a scope and sequence covering:

- Part 1.** Achievement: work confidence, persistence, organisation including goal setting, time management and teamwork.
- Part 2.** Relationships: values, character strengths and getting along skills.
- Part 3.** Wellbeing: resilience and happiness.
- Part 4.** Social-Emotional Blockers: feeling worried, anxious, feeling down, feeling angry, not paying attention and procrastination.



Sample
Student Worksheet and Teacher Guide



Each social-emotional learning lesson addresses one or more aspects of the ACARA national curriculum's Personal and Social Capabilities.

Secondary School Wellbeing and Achievement Programs



04.a THE SUCCESSFUL MIND FOR SCHOOL, WORK AND LIFE: 10-SESSION COURSE (secondary years 9 - 12)

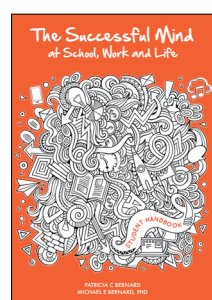
The Successful Mind for School, Work and Life is a 10-session course designed for upper secondary students to prepare them for their final years in school, pre-employment, part-time work, tertiary study and life beyond school.

The digital Leader's Guide contains background information and a session plan for each of the ten sessions.

The various learning activities in this course strengthen a successful mind in young people. Sessions developed from a psychological and neuro-scientific research-based foundation include structured learning activities combined with small group interaction, discussion and application.

Sessions

1. Growth Mindset
2. Character Strength
3. Goal Setting
4. Resilience
5. Mindfulness
6. Self-acceptance
7. Optimism
8. GRIT
9. Time Management
10. Getting Along

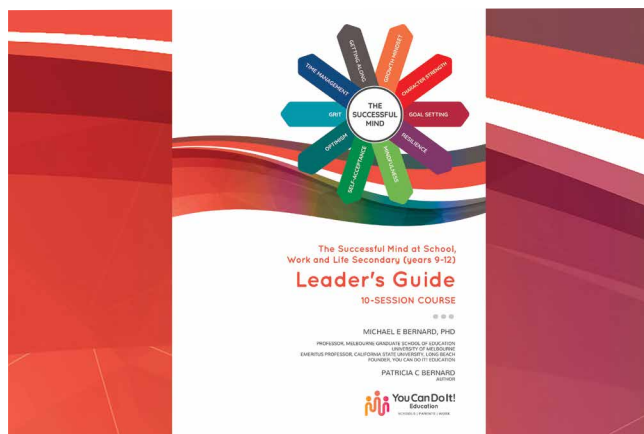


04.b The Successful Mind for School, Work and Life: Student Handbook (secondary years 9 - 12)

The Leader's Guide is purchased together with copies of 'The Successful Mind for School, Work and Life Student Handbook' for each participating student.

Further Details

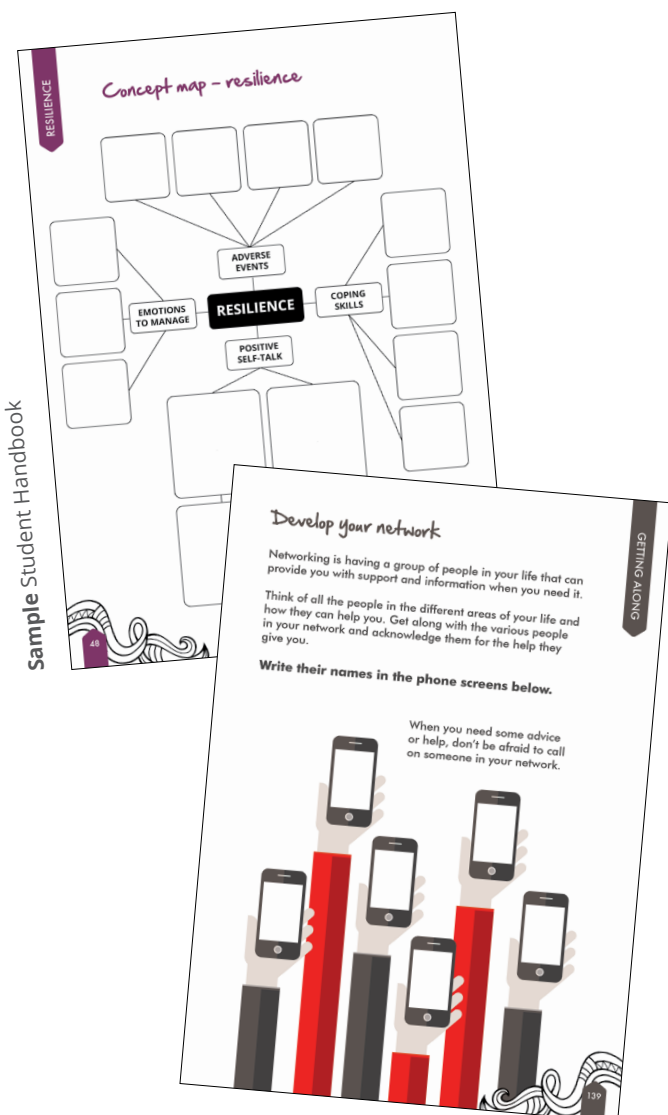
<https://youcandoiteducation.com.au/product/the-successful-mind-for-school-work-and-life-student-handbook-secondary-years-9-12/>



Target Audience: Teachers, career educators, school counsellors and others concerned with the personal and social development of students in years 9 - 12

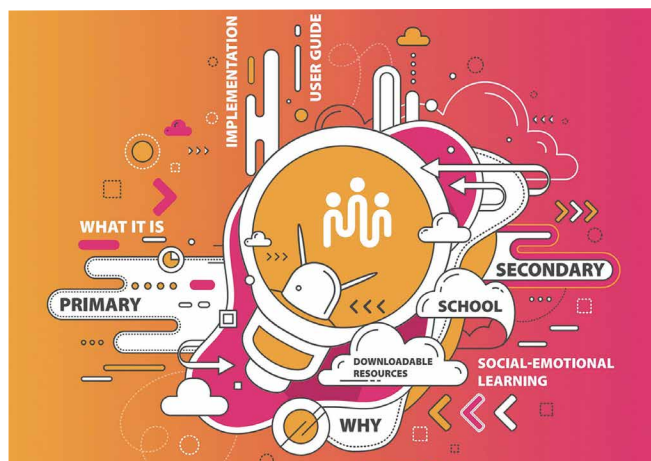
Further Details

<https://youcandoiteducation.com.au/product/the-successful-mind-for-school-work-and-life-leaders-guide-secondary-years>





YCDI! Education Resource Book



05. YOU CAN DO IT! EDUCATION RESOURCE BOOK. WHAT IT IS. WHY WE NEED IT. HOW TO DO IT.

The You Can Do It! Education Resource Book – What it is. Why we need it. How to do it. is a must-have collection of downloadable, shareable resources for educators that support, energise and build competence in social-emotional learning.

This comprehensive collection of 80+ YCDI! Insights include brief articles on how to use YCDI!s Program Achieve curriculum, best classroom and school-wide practices, surveys, posters, award certificates, parent education, overcoming student social-emotional difficulties, implementation guidelines and much more!

Target Audience: Principals, wellbeing coordinators and teachers implementing YCDI! Education in their schools and classrooms.

Further Details

<https://youcandoiteducation.com.au/product/the-you-can-do-it-education-resource-book/>

Over 80+ YCDI! Insights organised into categories

- What it is
- Why we need it
- How to do it
- Early Childhood Education
- Primary School
- Secondary School
- Overcoming Student's Social-Emotional Difficulties
- Implementation



Sample Resources





06. BULLYING - THE POWER TO COPE (years 4 - 9)

This prevention mental health cognitive-behavioural program provides students with strategies they can use when faced with bullying behaviour and other types of anti-social behaviour.

Consisting of four parts, the delivery of this course is flexible and can be taught to classroom-size groups of students or used with individual students currently victimised by bullying.

Target Audience: Teachers and mental health practitioners of students in years 4 - 9

Further Details

<https://youcandoiteducation.com.au/product/bullying/>

Published research indicates that this program leads to students acquiring a resilient mindset towards all forms of bullying, resulting in less stress and greater confidence. It includes four animated videos covering four elements:

Part 1. Bullying and its Impact

Part 2. Thinking Makes it So

Part 3. Things to Say and Do

Part 4. Coping in Action

Sample: Teachers Guide

3. Whole-class activity

- Using the interactive whiteboard, display the Metal Man illustration (located pg.19 or on your USB resource, or enlarge to A3 and present as a poster). Ask someone to volunteer and explain what the diagram might mean. If there are no volunteers, explain that the way people think about what happens to them has a large impact on their feelings and behaviour.
- Use the following example to illustrate the principle that how we feel and behave when someone has been mean to us is not caused by what happens to us but how we think about what happens.



- Now, present the diagram below to illustrate how changing the way you think about what happens to you can have a dramatic impact on how you feel and behave.



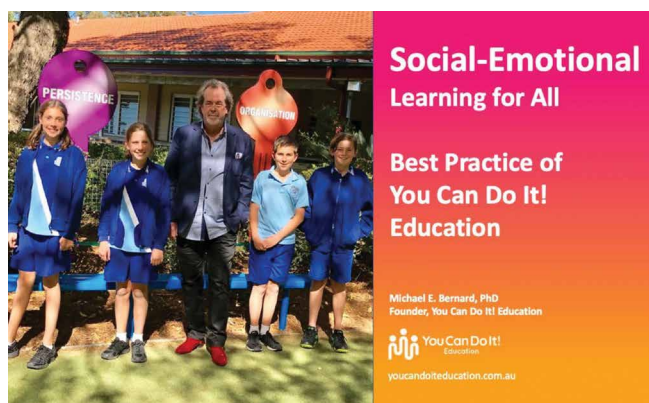
- It is here that it is important to revisit the Superhero's discussion points for Part 2—specifically Points 1, 2 and 7. Using the Metal Man's thinking process, discuss the following statements:
 - 'An action cannot be heroic or evil unless someone thinks it as so. And it made me realise that it wasn't what people said that hurt me, it was my thinking that made their actions hurt.'
 - 'You may not be able to control other people, but you can control your own thoughts to help you cope and make it go away.'
 - 'You have the power to choose what you think, and things are only as bad as you think they are.'

This program is research-tested and proven to strengthen students' capacity to cope: Markopolous, Z., & Bernard, M.E. (2015). Effect of the Bullying: The Power to Cope program on children's response to bullying. *Journal of Relationships Research*, 6, 1-11. As a result of participation in this anti-bullying program, published research points to students acquiring a resilient mindset towards all forms of bullying resulting in less stress and greater confidence.

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.



School Professional Development and eLearning



Target Audience:
Primary and Secondary School Teachers

Further Details
<https://youcandoiteducation.com.au/product/social-emotional-learning-for-all/>

The course was really interesting, a fabulous refresher of the research behind YCDI! and the components of the program. The audio and video clips showing the language of YCDI! in action were especially helpful in giving examples of how to frame conversations with students and parents. As someone who has used the YCDI! program of over 10 years, the course was so helpful in recentering my thinking.

Peita van Bussel, Transition to Year 2 Coordinator, Abbotsleigh

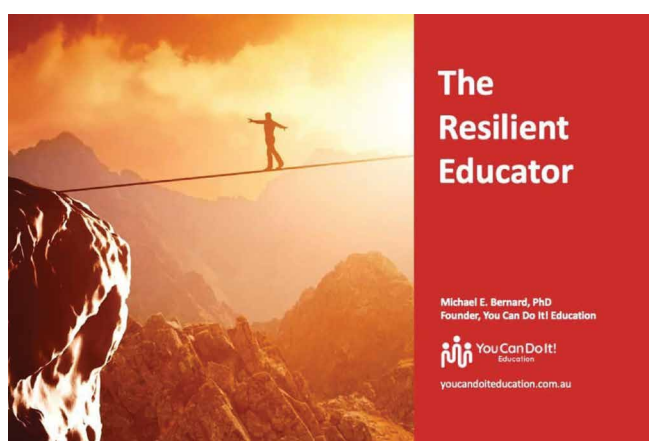
SOCIAL-EMOTIONAL LEARNING FOR ALL: BEST PRACTICE OF YOU CAN DO IT! EDUCATION

Narrated by Dr Michael Bernard, this eLearning course teaches the best practice of YCDI! Education including how to use our online curricula and integrate SEL in classrooms and school-wide. Suitable for teachers new to YCDI! and teachers wanting to refresh their knowledge.

The course consists of 9 interactive modules covering the following topics:

- Social-emotional learning
- You Can Do It! Education
- Social-emotional learning curricula
- Teaching social-emotional learning skills
- School-wide practices to build a critical mass
- Teaching students how to change the way they think
- Overcoming student social-emotional difficulties
- The strength of self-acceptance
- Parent education

Participants download a digital guide by Dr Michael Bernard **Social-Emotional Learning for All: Best Practice of You Can Do It! Education** (100+ pages) that summarises key content from all nine topics. Participants work through the course in their own time and place. Each module takes approximately 30 minutes to complete.



Target Audience:
Primary and Secondary School Teachers

Further Details
<https://youcandoiteducation.com.au/product/the-resilient-educator/>

THE RESILIENT EDUCATOR

This eLearning course presented by Dr Michael Bernard is ideal for new and experienced educators and school leaders seeking tools for strengthening resilience needed to cope with the demands and challenges of working in schools. The learning objectives of the course are:

- Define resilience in terms of five distinctive attributes
- Discuss the role of stress-producing thinking and stress-managing thinking in resilience
- Discuss the importance of self-acceptance on resilience
- Apply a three-step action plan for building resilience: Take Stock, Take Control, Take Action

Participants receive a digital guide, **The Resilient Educator Workbook** (35 pages) by Dr Michael Bernard, that summarises key content. Participants work through the course in their own time and place. The course takes approximately 2 – 3 hours to complete.

School Professional Development and eLearning



07. ATTITUDES AND BEHAVIOURS FOR LEARNING (AB4L): A PROFESSIONAL DEVELOPMENT PROGRAM TO OFFER AT YOUR SCHOOL

Published research indicates that the AB4L teaching program strengthens students' attitudes and social-emotional skills needed for engagement, cooperative learning, independent classwork and homework and leads to an improvement in reading comprehension of students in the lower 50% of achievement.

The AB4L program includes an online guide providing information and handouts to conduct staff development sessions at school. A PowerPoint presentation is also included demonstrating background and content of the program including the different AB4L teaching practices.

Further Details

<https://youcandoiteducation.com.au/product/attitudes-and-behaviours-for-learning-ab4l-a-professional-development-program-to-offer-at-your-school/>



09. COACHING TEACHERS AND PARENTS TO BUILD SOCIAL-EMOTIONAL STRENGTHS OF STUDENTS WITH ACHIEVEMENT, BEHAVIOUR AND MENTAL HEALTH ISSUES

This step-by-step program provides a complete set of tools (steps, surveys, coaching advice) which can be used with teachers and parents when a student has been identified as being 'at risk' or experiencing a significant social-emotional blocker (anger-misbehaviour, anxiety, feeling down, not paying attention, procrastination).

Further Details

<https://youcandoiteducation.com.au/product/coaching-teachers-and-parents-to-build-social-emotional-strengths-of-students/>



10. STRESS MANAGEMENT FOR TEACHERS AND PRINCIPALS: A PROFESSIONAL DEVELOPMENT PROGRAM

Further Details

<https://youcandoiteducation.com.au/product/stress-management-for-teachers-and-principals/>

In this Stress Management professional development program, Dr Michael Bernard shares his learning from

- coaching stressed teachers and principals,
- conducting professional development stress management workshops at schools, and
- his experiences in working with teachers and principals who retired from teaching due to stress work together with
- his own published research on stress-creating attitudes and his earlier book, Taking the Stress Out of Teaching.

The program contains the latest neuroscience research that identified the importance of the pre-frontal cortex of your brain (sometimes called your inner CEO) as the source of resilience you need to combat stress.

This professional development resource is ideal for individual study and can also be part of a staff wellbeing program. The program contains stress management booklets, cards, and an audio podcast series that can be easily shared at staff meetings and coaching sessions.



School-wide Posters Puppets, Student Handbook



12. YCDI! EDUCATION EARLY CHILDHOOD HAND PUPPETS

Set of five hand puppets featured in the YCDI! Early Childhood Program Achieve (4th Edition):

- Connie Confidence
- Pete Persistence
- Oscar Organisation
- Gabby Get Along
- Ricky Resilience

Further Details

<https://youcandoiteducation.com.au/product/ycdi-education-hand-puppets/>



13. POSTER EMOTIONAL THERMOMETER

A colourful poster of an Emotional Thermometer that teaches students to reflect on their level of emotional upset and asks them the question "Are you keeping calm?" Each poster measures 119cm long and 41cm wide. The posters are folded and mailed in an A4 post bag. Posters can be laminated for display.

Further Details

<https://youcandoiteducation.com.au/product/poster-emotional-thermometer/>

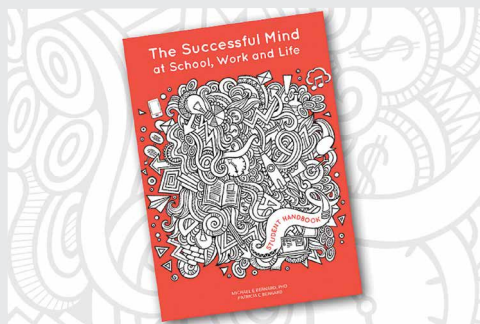


14. POSTER CATASTROPHE SCALE

A colourfully illustrated poster that can be displayed in the classroom to provide a visual representation of a Catastrophe Scale that helps children and young people keep things in perspective.

Further Details

<https://youcandoiteducation.com.au/product/poster-catastrophe-scale/>



04.b THE SUCCESSFUL MIND FOR SCHOOL, WORK AND LIFE: STUDENT HANDBOOK (SECONDARY YEARS 9 - 12)

This Student Handbook is required for students participating in **The Successful Mind for School, Work and Life program**. It contains a variety of content, activity worksheet students complete during each session, a variety of tips and individual action plans completed after a session.

Further Details

<https://youcandoiteducation.com.au/product/the-successful-mind-for-school-work-and-life-student-handbook-secondary-years-9-12/>



15. POSTER THE STRENGTH OF SELF-ACCEPTANCE

Depicting 8 common stressful situations encountered by students of all ages that can create stress including feelings of inadequacy and low self esteem. Students are encouraged to internalise the attitude of Self-Acceptance ("I am me and that's OK") an important element of the psychological armour needed for strong resilience.

Further Details

<https://youcandoiteducation.com.au/product/poster-the-strength-of-self-acceptance/>



16. POSTER THINKING MAKES IT SO

This poster illustrates a key idea that underpins student positive mental health and wellbeing; namely, Things are neither good nor bad but thinking makes it so. Once this principle is taught, students become aware of the power they have over the way they think leading to appropriate feelings and goal-directed behaviours. They feel less helpless and victimised and experience greater self-efficacy and confidence.

Further Details

<https://youcandoiteducation.com.au/product/poster-thinking-makes-it-so/>



08. INVESTING IN PARENTS (Parent Education sessions to offer at your school)

This program contains a collection of skill building parent education sessions designed to be offered to your parents in a 60+ minute session by a school leader, student wellbeing coordinator, classroom teacher or school chaplain. Written content of sessions can also be used regularly in your school-home newsletters.

Parent Education sessions:

- Session 1 Parenting Today: What do You Want for Your Children?
- Session 2 The Parenting Style that Matters Most: 'Authoritative'
- Session 3 Avoid Common Mistakes that Parents can Make
(Ineffective Parenting)
- Session 4 Parent Stress Management and Resilience
- Session 5 Develop Positive Relationships with Your Children
- Session 6 Be Involved in Your Children's Education
Part A: Show Interest
Part B: Manage Homework
Part C: Tutor Your Child
Part D: Steps to Take if Your Child Underachieves
- Session 7 Provide Children Responsibility and Involve them in
Decision-Making
- Session 8 Provide Activities that Accommodate Children's Interests
- Session 9 How to Motivate Your Children
- Session 10 Children's Social-Emotional Learning at Home
- Session 11 Character Education at Home: Values and Strengths
Part A: Values of Good Character
Part B: Character Strengths

Further Details

<https://youcandoiteducation.com.au/product/investing-in-parents/>

11. YCDI! POSITIVE PARENT ONLINE PROGRAM: ANNUAL SCHOOL MEMBERSHIP

Parent Elearning programs include:

Stress Relief for Parents, Strengths of Highly Effective Parents, Teaching Children they Have Choices in the Way they Think, The Power of Parent Self-Talk, Compass Program: How to Improve Your Child's Reading (1-hour), Keys to Children's Success and Happiness (1 hour) plus many more!

Parent Insight articles include:

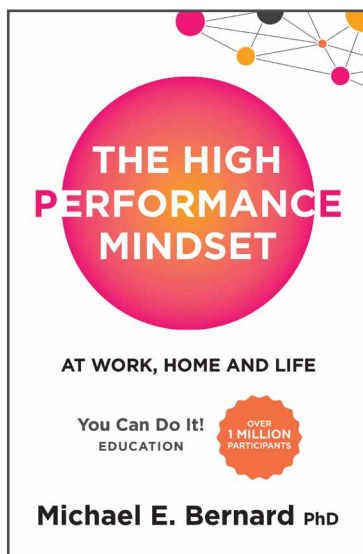
Steps to Managing Parent Stress, Effective Parenting in a Digital World, Namby-Pamby Kids, Highly Anxious Parents, Five Keys that Unlock Children's Potential.

YCDI! Motivational Audio Podcast Series includes:

Boosting Your Confidence, Motivating Yourself, Managing Your Time and Getting Yourself Organised plus 5 other audio podcasts; Bullying: The Power to Cope (video).

Further Details

<https://youcandoiteducation.com.au/product/ycdi-positive-parent-online-program-annual-school-membership/>



Publisher:
Wilkinson Publishing
(18 February 2021)
Language:
English
Paperback:
304 full colour pages
ISBN-10: 1925927547
ISBN-13: 978-1925927542

Further Details

<https://youcandoiteducation.com.au/product/the-high-performance-mindset-at-work-home-and-life/>

"Dr. Michael Bernard has put achievable success and high performance within anyone's reach by clearly demonstrating how removing self-sabotaging blocks is the direct path to excellence. His bottom line approach makes for not only a terrific read, but can also become the, 'go to' reference book."

Michael S. Broder, Ph.D., Clinical Psychologist, author of Seven Steps to Your Best Life

"Michael Bernard draws on a lifetime of research, experience and personal wisdom to present a vast suite of strategies and practices that will ensure that you can proactively and successfully negotiate your life journey."

Professor Jim Watterston, Dean, Melbourne Graduate School of Education, The University of Melbourne

THE HIGH PERFORMANCE MINDSET AT WORK, HOME AND LIFE

by Dr Michael E. Bernard

WHAT EVERYONE NEEDS TODAY TO COPE AND MOVE FORWARD

LEARN HOW TO THINK, FEEL AND BEHAVE IN TOUGH SITUATIONS THAT WILL DIRECT YOU TO EXCELLENCE AND HAPPINESS

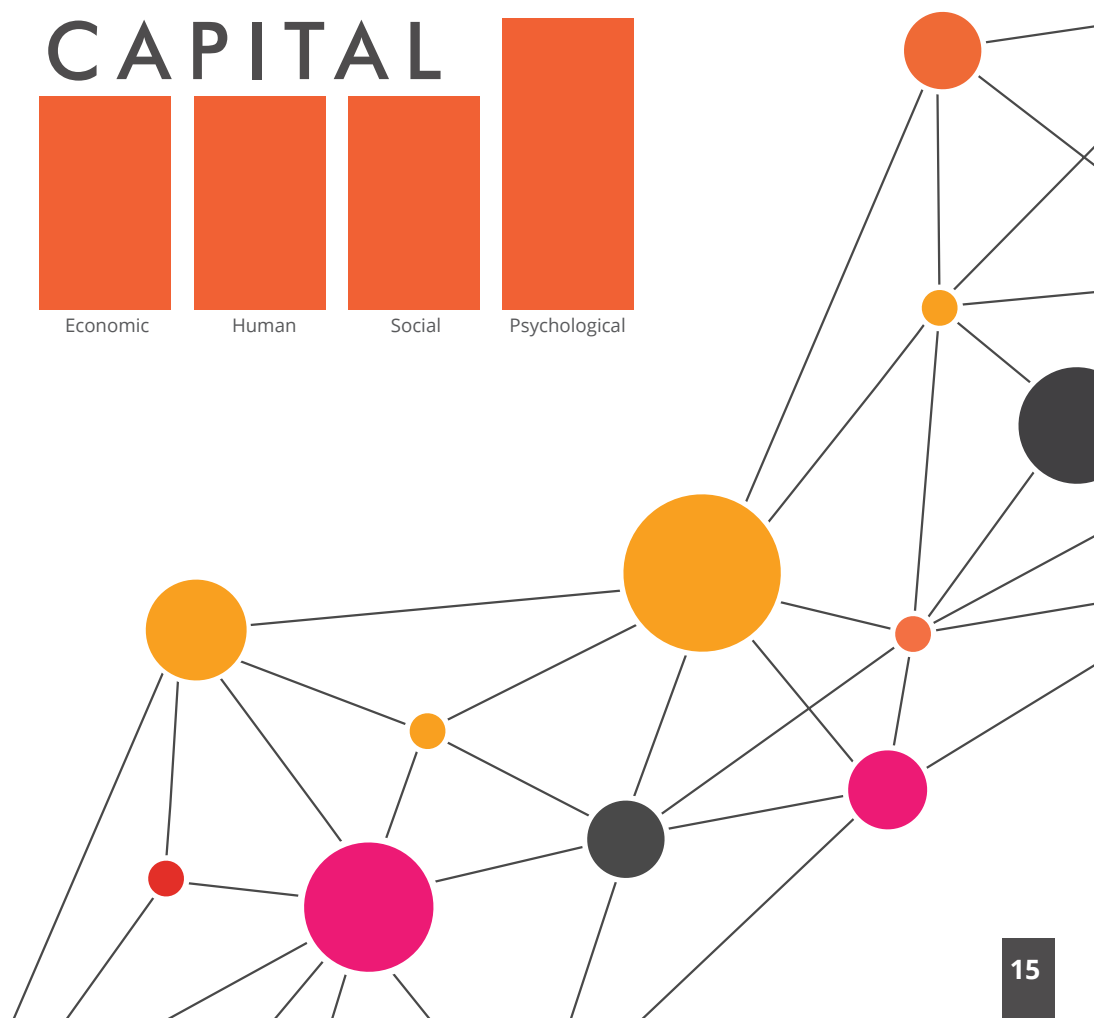
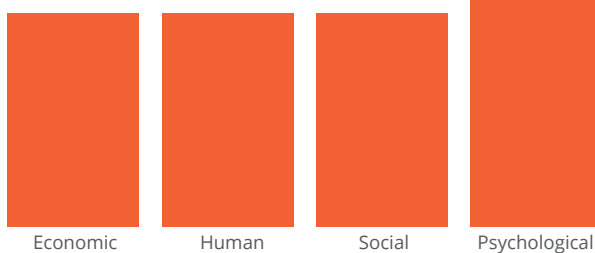
The High Performance Mindset contains practical and easy-to-use strategies and has been written for people who want to learn how their mind operates at its best – and worst. If you're keen on learning more about yourself, reducing stress and improving efficacy in all areas of your life, The High Performance Mindset is the perfect guide. It will help you gain power and control while becoming more proactive and positive. You can achieve your goals and improve your overall wellbeing by using the commitments to success, others and self.

A highlight of this book is the variety of easy-to-complete surveys developed by Michael that have helped hundreds of thousands of people of all ages gain greater self-awareness of strengths and areas for growth. Michael draws on his many years of counselling, coaching and consulting in the fields of sport, business, leadership, parenting and education.

In this book, Michael describes the psychological capital we can all use to help us in various areas of our lives. By completing the surveys, you'll gain greater awareness of your strengths and areas you'd like to develop further. And there will be plenty of suggestions for how you do this.

This book describes the psychological capital we all need to take us from good to great - and manage the stresses of modern-day living.

CAPITAL





Bookings & Enquiries

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