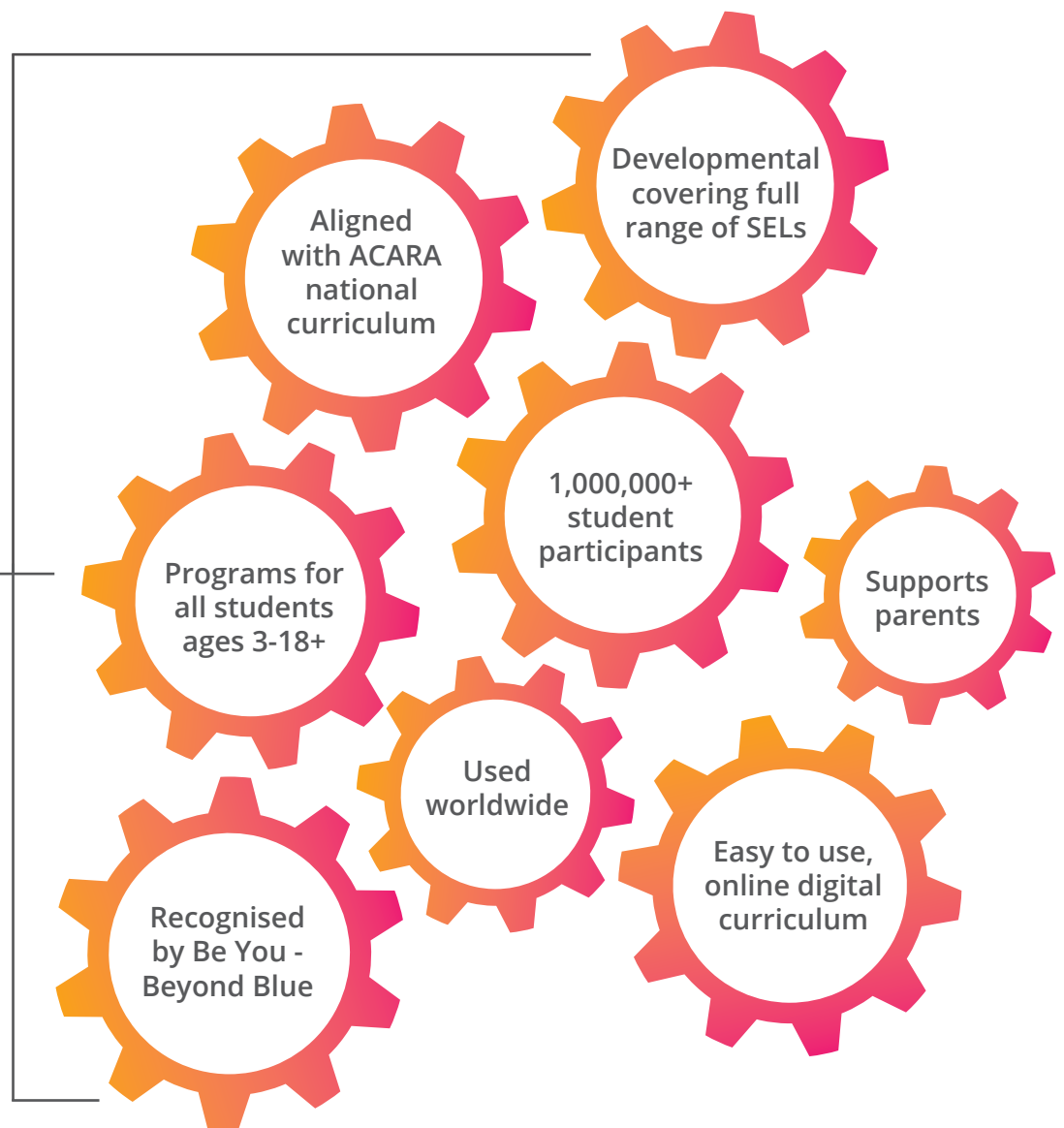


# YOU CAN DO IT! EDUCATION



## 2025 CATALOGUE

**SOCIAL-  
EMOTIONAL  
LEARNING  
FOR ALL**



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



You Can Do It! Education programs have been independently reviewed and are listed in the Be You Programs Directory. It meets the minimum evidence requirements set by Be You and has been awarded a rating for evidence and implementation.

# ABOUT YOU CAN DO IT! EDUCATION

resilience ◦ confidence ◦ persistence ◦ organisation ◦ 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.

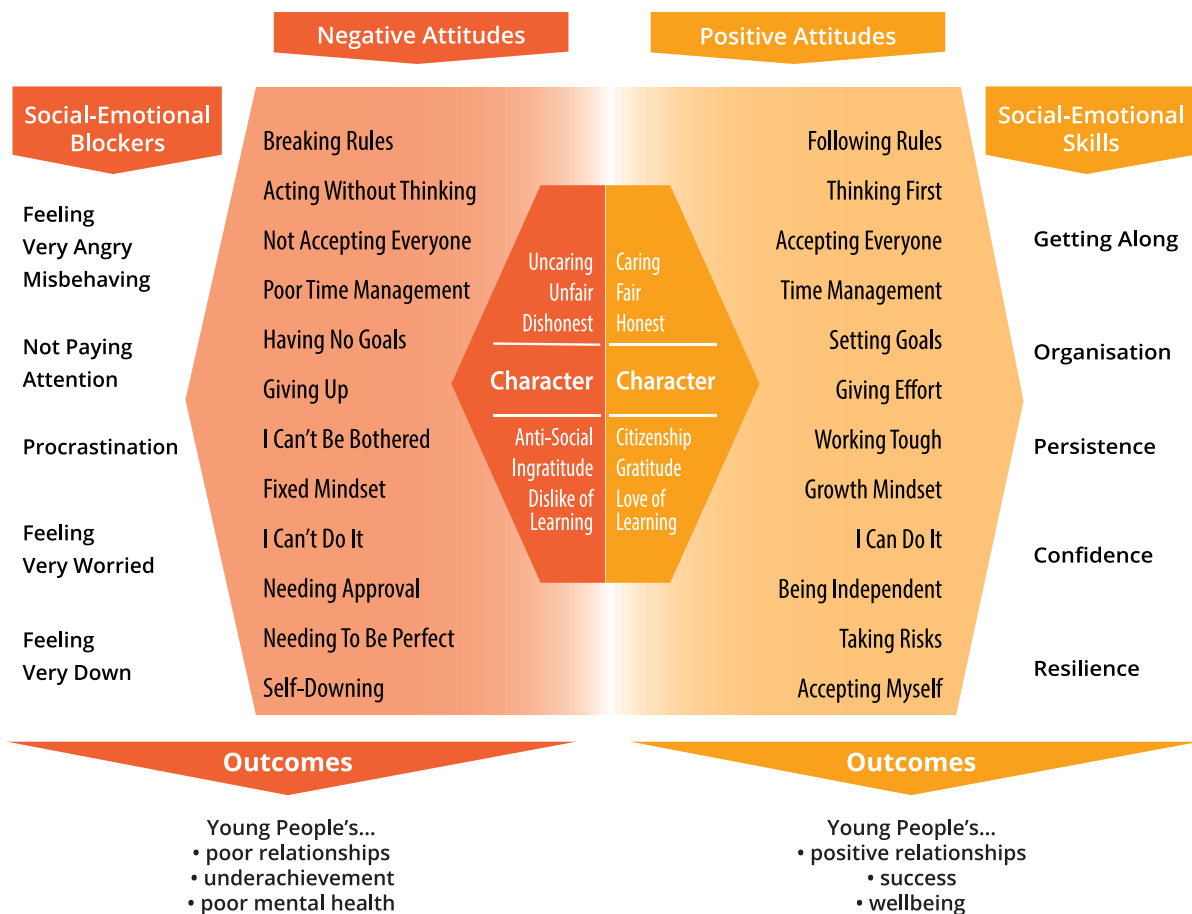
YCDI! Education is best known for its online, social-emotional learning curricula programs which teach 5 social emotional skills (5 Keys) for success and wellbeing: confidence, persistence,

organisation, getting along, and resilience. The Program Achieve and 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](http://youcandoiteducation.com.au)

The screenshot shows the website <https://youcandoiteducation.com.au/programs/>. The navigation menu includes HOME, EDUCATION RESOURCES, SHOP, FREEBIES, BLOG, ABOUT, and CONTACT. The main content area is titled "Our Programs" and features eight program cards:

- Early Childhood Wellbeing and Learning Online Student Program**: Image of a teacher and children.
- Primary School Wellbeing and Achievement Online Student Programs**: Image of a teacher and students in a classroom.
- Secondary School Wellbeing and Achievement Online Student Programs**: Image of a classroom with students.
- Professional Development eLearning Courses and Programs**: Image of a person presenting to an audience.
- Parent Education Programs and Resources**: Image of a teacher talking to parents.
- Posters**: Image of educational posters, including one titled "Cosmographic Scale" and another with the text "THINGS ARE BETTER GOOD, BAD, BAD, BUT THINKING MAKES IT GO".
- University/Tertiary Mentoring Online Program**: Image of a group of people.
- The High Performance Mindset**: Image of a book cover titled "WHAT EVERYONE NEEDS TO COPE & MOVE FORWARD TODAY." by Michael E. Bernard.

At the bottom, there is a call to action: "Don't want to miss a beat? JOIN OUR SUBSCRIBER LIST".

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

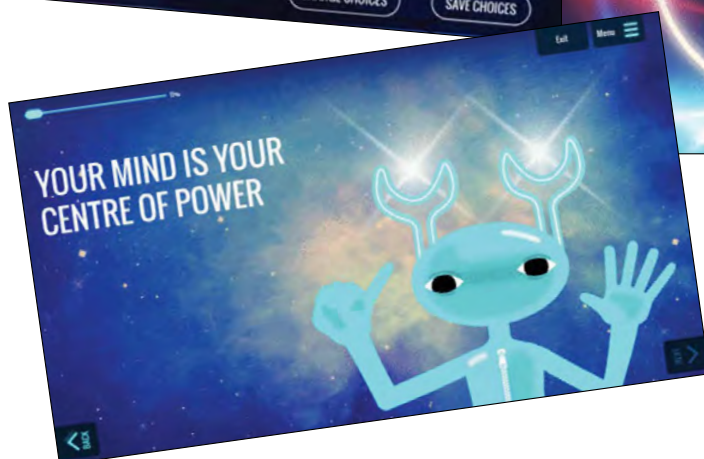
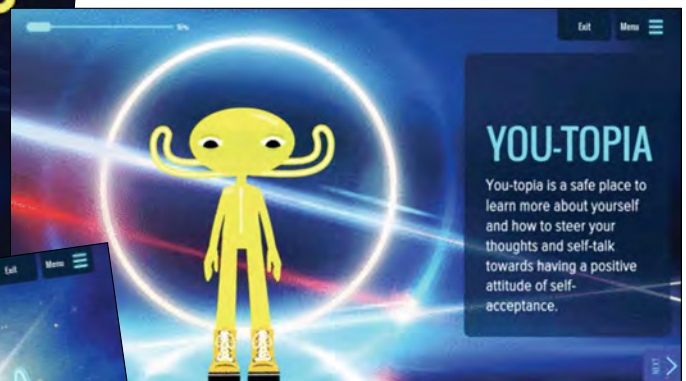
## 00. ACCEPTING MYSELF. HOW TO HELP YOUNG PEOPLE FEEL WORTHWHILE NO MATTER WHAT (ages 9 - 16+)

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 (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.



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

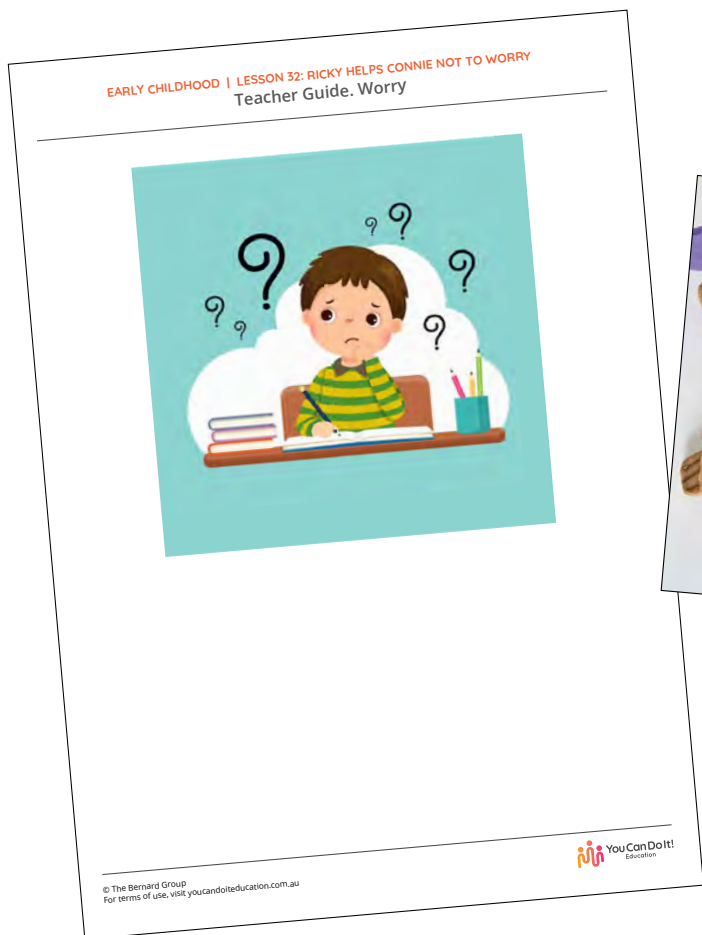


**Target Audience:** Teachers of young children in Early Learning Centres, Kindergarten, Foundation, Pre-School and Preparatory Year

### 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



## 02. PROGRAM ACHIEVE PRIMARY (year levels 1 - 6)

A Social-Emotional Learning Curriculum for students in primary years 1 - 6.

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

**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.

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.



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



## 03. PROGRAM ACHIEVE SECONDARY (year levels 7 - 10)

A **Preventative Mental Health Social-Emotional Learning Curriculum** for students in secondary years 7 -10. Program Achieve Secondary provides teachers access to digital activity plans, downloadable Teacher Guides. 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 year levels 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.

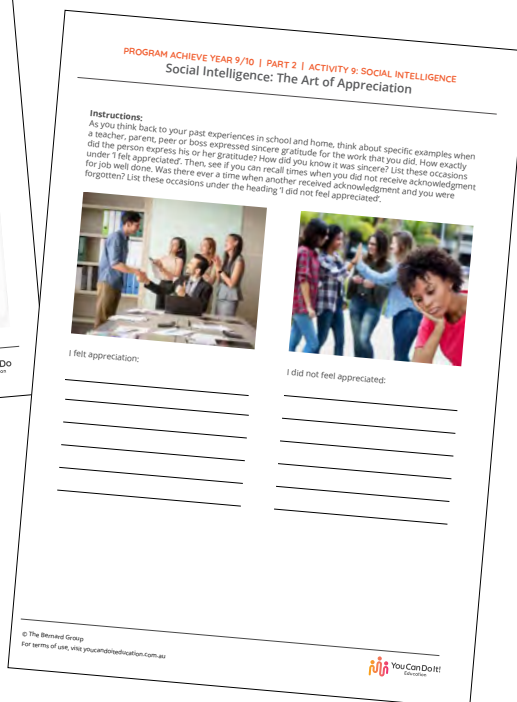
**The new 5th edition includes** Brain-based social-emotional learning activities developed by Tammy-Anne Caldwell, one of Australia's leading educational neuroscience specialist teachers now incorporated into lessons.

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



The program includes a **Mental Health Activity Guide** that provides an outline of selected activities to prevent and reduce mental health challenges for students.



**Mental Health Activity Guide**  
PROGRAM ACHIEVE SECONDARY (years 7-10)  
A PREVENTATIVE MENTAL HEALTH SOCIAL-EMOTIONAL LEARNING CURRICULUM (5th Edition)

Each social-emotional learning activity 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 (year levels 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

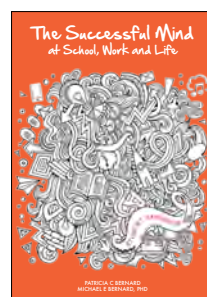
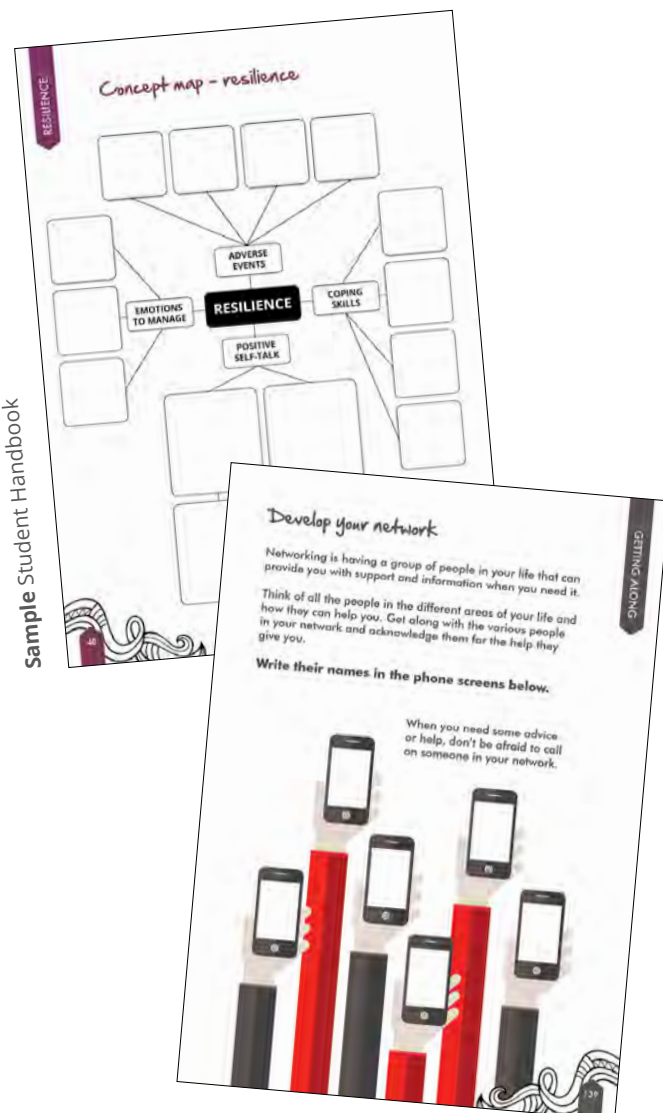
- |                       |                    |
|-----------------------|--------------------|
| 1. Growth Mindset     | 6. Self-acceptance |
| 2. Character Strength | 7. Optimism        |
| 3. Goal Setting       | 8. GRIT            |
| 4. Resilience         | 9. Time Management |
| 5. Mindfulness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



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

### Further Details

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



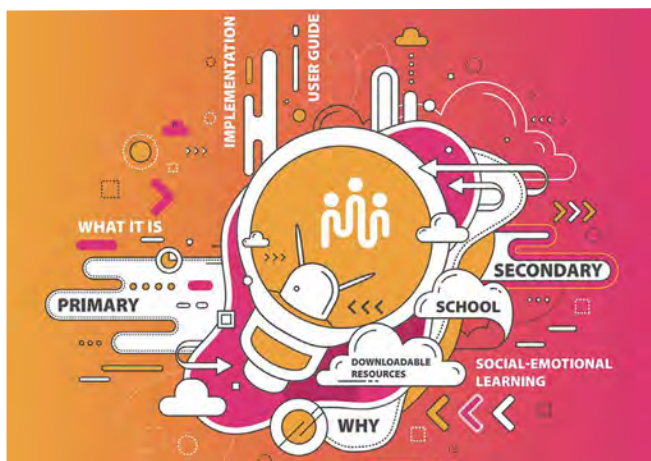
## 04.b The Successful Mind for School, Work and Life: Student Handbook (year levels 9 - 12)

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/>





## 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 (year levels 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 victimised by bullying.

**Target Audience:** Teachers and mental health practitioners of students in year levels 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

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.**

### 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:

1. '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.'
2. '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.'
7. 'You have the power to choose what you think, and things are only as bad as you think they are.'

## 07. STRENGTHENING ATTITUDES AND BEHAVIOURS FOR LEARNING (year levels 5 - 9)

### ACTIVITIES FOR STUDENTS WITH ACHIEVEMENT & BEHAVIOUR CHALLENGES

Developed to provide student support staff with practical activities they can present to individual and small groups of students so that they develop the attitudes and behaviours for learning needed to engage in classroom learning and homework to achieve their personal best.

Strengthening Attitudes and Behaviours for Learning offers a wide variety of highly effective activities for students who, for different reasons, have not acquired the attitudes and behaviours needed to be competent and engaged learners. Students can self-assess to identify their needs. You will then be able to provide targeted activities.

### 6 PART ONLINE PROGRAM

1. Introducing the Attitudes and Behaviours for Learning
2. Getting Started
3. Confidence
4. Persistence
5. Organisation
6. Getting Along
7. Resilience

All activities include downloadable INTERACTIVE Student Worksheets, Weekly Goal Setting Forms and Tips and Ideas. These resources are also printable.



**Target Audience:** Counsellors, psychologists, special educators, teachers and teacher aids, education assistants, tutors and behaviour management specialists

#### Further Details

<https://youcandoiteducation.com.au/product/attitudes-and-behaviours-for-learning/>

sample interactive worksheets

**ACTIVITY**  
**Weekly Goal Setting Form**

**GETTING ALONG**

Name \_\_\_\_\_  
Date \_\_\_\_\_

Which of the Foundations do you want to learn or practice? (tick one)

Confidence  Persistence  Organisation  Getting Along  Resilience

My goal this week is (be specific):  
\_\_\_\_\_

List obstacles that might stop you from achieving your goal and how you will deal with them:  
\_\_\_\_\_

Write down any positive self-talk that will help you achieve your goal:  
\_\_\_\_\_

Date by which you want to achieve goal \_\_\_\_\_

**RESULT A WEEK LATER**

Did you achieve your goal?  Yes  Almost  No

Talk about what you learned, including the positives that happened when you achieved the goal and the negatives that occurred by not achieving your goal.  
\_\_\_\_\_

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**Tips & Ideas**

**RESILIENCE**

**TAKE CONTROL OF YOUR LIFE**

**RESILIENCE**

**Definition**

When faced with difficult or challenging situations and people, being aware of how you feel—staying calm and controlling your behaviour when you are very upset—calming down in a reasonable period and bouncing back to find a solution.

**Examples of Resilient Behaviour**

- When someone treats you unfairly or disrespectfully, you stop yourself from getting too angry and lashing out, and want.
- If you make mistakes, don't understand something, get a bad school report, or are teased or ignored, stop yourself from getting very down and, instead, stay calm and positive.
- When you have an important test or activity to perform, you stop yourself from getting extremely worried and, instead, stay calm and do your best.
- When you want to meet someone new, you stop yourself from getting extremely worried and, instead, you calmly start a conversation.

**Positive Attitudes/Self-Talk**

**Accepting Myself**  
Not being successful or someone being critical of what I say or do is not the worst thing that could happen to me. I accept myself no matter what. I am proud of who I am.

**Working Tough**  
I can stand things I don't like. 'Hard Yakkor' (hard work) is a fact of life. Better to accept it.

**Accepting Everyone**  
People who act badly are not all bad - everyone has their good points. Don't judge a book by its' cover.

**Coping Skills**  
Find someone to talk to.  
Find something fun to do.  
Relax.  
Practice mindfulness.  
Exercise.

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# School Professional Development and eLearning



## 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.

This 9 module interactive course covers 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 **Social-Emotional Learning for All: Best Practice of You Can Do It! Education** (100+ pages) by Dr Michael Bernard, 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.

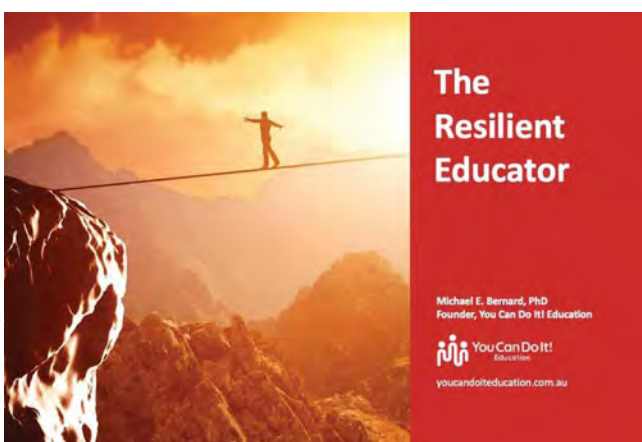
**Target Audience:** Primary and Secondary School Teachers, Special Educators, Schools Principals, Mental Health Practitioners

### 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



## 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.

This 4-module course is designed to:

- strengthen participants' social-emotional capabilities, and
- 'acquaint' and personalise participants with the attitudes and social-emotional skills that teachers present to students as they employ social-emotional programs like Program Achieve.

The 4 modules covered are:

1. Work Stress in School
2. Resilience The Big Picture
3. The Strength of Self-Acceptance
4. Strengthening Resilience: Three Step Action Plan

Participants receive a digital guide by Dr Michael Bernard, **The Resilient Educator Workbook** (35 pages) that summarises key content. 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, Special Educators, School Principals, Mental Health Practitioners

### Further Details

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



# School Professional Development and eLearning



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

**Target Audience:** Psychologists, counsellors, student wellbeing/welfare and others concerned with the development of individual behaviour management and learning programs and who provide support to teachers and parents

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

**Target Audience:** Professional development coordinators, school leaders and coaches/mentors who have responsibility for mental health and wellbeing of school personnel

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*.

### Further Details

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

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.

# Hand Puppets and School-wide Posters



## 12. YCDI! EDUCATION EARLY CHILDHOOD HAND PUPPETS

Set of five hand puppets featured in the YCDI! Early Childhood Program Achieve:

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

Further Details

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

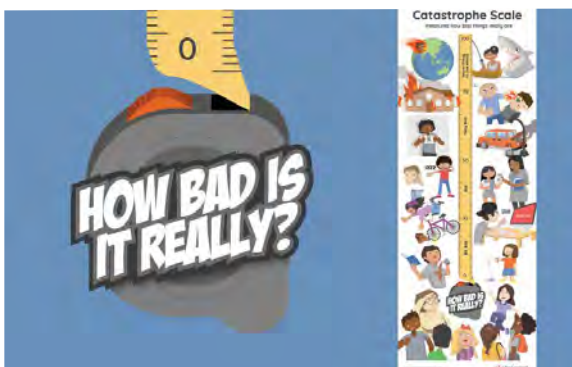


## 13. POSTER EMOTIONAL THERMOMETER

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

This colourful representation of the a Catastrophe Scale can be displayed in the classroom to help children and young people keep things in perspective.

Further Details

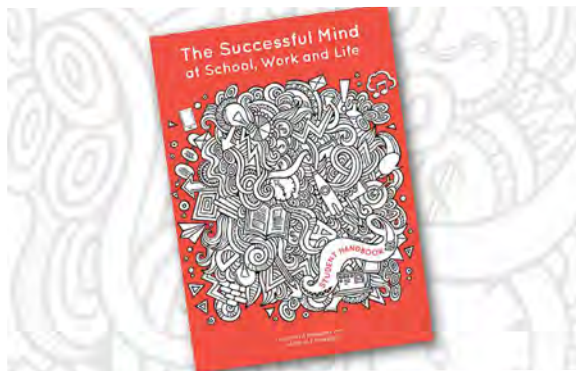
<https://youcandoiteducation.com.au/product/poster-catastrophe-scale/>





## 04.B THE SUCCESSFUL MIND FOR SCHOOL, WORK AND LIFE: STUDENT HANDBOOK (year levels 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. YOU CAN DO IT! @HOME SCHOOL PARENT EDUCATION PROGRAM

This annual school subscription provides each family and staff member access to a wealth of parenting articles, animations, podcasts and videos.

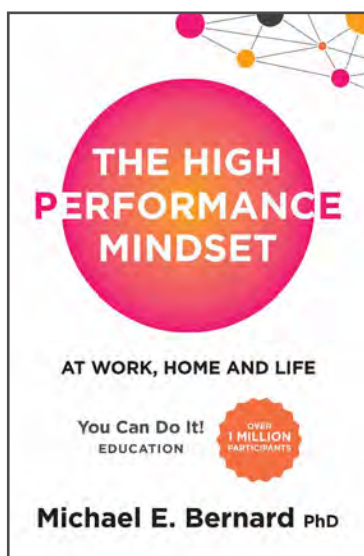
The complete You Can Do It! @Home School Parent Education Program includes:

- Videos on conversations to have with your child on how to achieve personal best and to be happy.
- Animations on developing your child's wellbeing and achievement strengths, managing homework, relationships, motivation and discipline.
- Downloadable articles that present information on important parenting topics.
- Audio podcast series of 8 inspirational and informative social-emotional learning podcasts for your child to listen to.
- Two important animations addressing Bullying and Resilience for your child to watch.

Unlock a world of knowledge and learning for your school-home community. The courses are designed to be tablet and mobile-friendly, allowing busy parents and teachers to learn at their own pace and convenience.

### Further Details

<https://youcandoiteducation.com.au/product/11-ycdi-home-program/>



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**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**

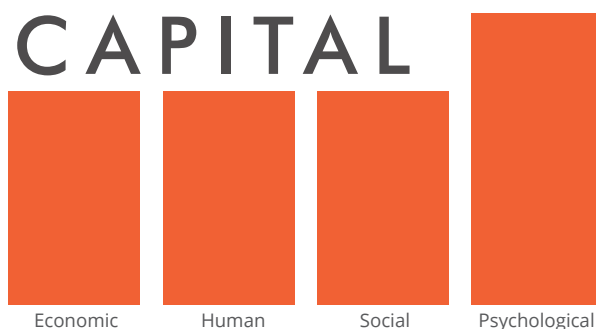
**LEARN HOW TO THINK, FEEL AND BEHAVE IN TOUGH SITUATIONS THAT WILL DIRECT YOU TO EXCELLENCE AND HAPPINESS**

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 to gain power and control and is the guide you'll need to 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 are 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 be able to 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.**







## **Bookings & Enquiries**

Contact You Can Do It! Education  
Toll Free 1800 155 603  
[enquiries@youcandoiteducation.com.au](mailto:enquiries@youcandoiteducation.com.au)  
[youcandoiteducation.com.au](http://youcandoiteducation.com.au)