



Destination wellbeing

# Forum

## Developing Resiliency: Is it important?

Friday October 23rd, 9am – 3.30pm  
Punchbowl Centre, 100 Punchbowl Road, Launceston

A forum for parents, teachers and members of the community to discuss resiliency as a way of positively promoting good health and wellbeing.



### Morning:

- 9:00 - 9:30** Welcome and Remembering Mollie
- 9:30 - 10:30** Key address by Andrew Fuller  
Developing Resiliency: Is it important?
- 10:30 - 11:00** Morning tea
- 11:00 - 12:00** Our panel Andrew Fuller, Andrew Wicking and Peter Wicking to talk through recent data and findings
- 12.00 - 12.30** Case study Youngtown School  
Principal: Troy Roberts

### Afternoon:

- 12:30 - 1:15** Lunch
- 1:15 - 2:30** Small groups and breakout groups – to work through and unpack resiliency in terms of support.
  - a. What can communities do to support and foster resiliency among children/youth?
  - b. What can schools do to support and foster resiliency among children/youth?
  - c. Identify what is already happening in this space?
  - d. What are some emerging priorities with our children/youth going forward?
  - e. What is the focus for Tasmania?
- 2:30 - 3:00** Report back to the group
- 3:00** Closing

Morning tea and lunch will be provided.

### Our key speakers:



#### ANDREW FULLER

Clinical Psychologist and Family Therapist, Board Member for Resilient Youth Australia Fellow, Departments of Psychiatry and Learning and Educational Development University of Melbourne Scientific Consultant for the ABC series “Whatever: the science of teens”, Ambassador for Mind Matters and Member, National Centre Against Bullying



#### PETER WICKING

Peter’s involvement with the education sector spans 40 years, beginning as a Secondary school teacher at Fawkner High School. After a short time Peter left teaching for a career in business, and since has been active in a variety of community organisations. Community participation includes founding the ‘Deep Spring’ Counselling Centre Beaumaris, and co-founding Resilience Youth Australia Limited.



#### DR ANDREW WICKING

Andrew holds degrees in Law and English Literature from the University of Melbourne and a PhD and has worked for the last 6 years in the not-for-profit sector in a variety of research and program development roles focusing on positive youth development. Andrew is a founding member and General Manager of Resilient Youth Australia Limited.



Developed in conjunction with The Faculty of Education, University of Tasmania – Associate Professor Karen Swabey & Dr J-F

## Contact Us

Register your attendance by Wednesday 21st October.

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Richmond Fellowship Tasmania (RFT) is a provider of mental health and wellbeing services across Tasmania. RFT is partnering with the University of Tasmania to sponsor this event.