

# The Importance of Calmness, Silence and Stillness

with Maggie Dent



It is so challenging for modern parents to create calmness, silence and stillness in their homes but this is an important and inspirational life resilience skill for children to develop. In this seminar, popular parenting author, educator and resilience specialist Maggie Dent will help parents understand more about the main causes of childhood stress, anxiety and disruptive behaviour, and what they can do to prevent it. She will explore how to calm hyperactive children, how to change emotional states, and the best ways to maximise the brain's capacity to learn in a safe environment. Calmness can be learned and this seminar explores its cognitive and emotional benefits, as well as being full of practical tips to get the magic happening in your home.

A seminar for parents hosted by the following Catholic Schools: St Joseph's, Holy Cross, St Michael's, St Therese's, St Francis Xavier's, Our Lady Help of Christians, St Andrew's, Mother of Good Counsel and the new MacKillop College.

**Venue:** St Joseph's School Hall, Parramatta Park, Cairns  
**Date:** Wednesday 7th October 2015  
**Time:** 7pm-8.30pm  
**Cost:** \$20.00 per parent, payable at the door  
**Bookings:** RSVP by Tuesday 6th October to Michelle at  
secretary.parramatta@cns.catholic.edu.au



[www.maggiedent.com](http://www.maggiedent.com)

**Maggie Dent**  
quietly improving lives