

You can't PREVENT what you don't know!

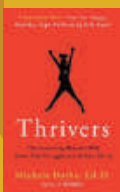
A WESTCHESTER VIRTUAL SPEAKER SERIES

WE CAN TEACH OUR KIDS THE SKILLS TO THRIVE!

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

- Thrivers can cope with adversity, develop healthy relationships, and embrace change, important skills in these uncertain times.
- Thriving isn't about grades and test scores; The keys are seven character strengths that act as protective factors for anxiety, depression, substance use, and other challenges.
- The great news is these strengths can be taught!



Check Out Dr. Borba's Book *Thrivers!*

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Dr. Borba's 7 Essential Traits of Thrivers

Character Strengths	Teachable Abilities	Benefits
1. SELF-CONFIDENCE: Healthy identity, understanding self & using personal strengths		Self-Awareness Strength Awareness Finding Purpose
2. EMPATHY: Understanding & sharing another's feelings, relating, acting compassionately		Healthy Sense of Self Positive Self-Identity Service and Meaning
3. SELF-CONTROL: Managing stress & strong emotions, delaying gratification, stretching focus		Emotion Literacy Perspective Taking Empathic Concern
4. INTEGRITY: Adhering to strong moral code and values, ethical thinking, practicing honesty		Reading & Sharing Emotions Understanding Other Views Compassionate Action
5. CURIOSITY: Open to experiences, ideas and life, taking creative risks to discover, learn, create		Attentive Focus Self-Management Healthy Decision-Making
6. PERSEVERANCE: Fortitude, tenacity, resolve to endure and increase sense of purpose		Delayed Gratification Coping & Regulation Self-Discipline/Mental Strength
7. OPTIMISM: Positivity, gratitude, hopefulness to self-advocate & keep pessimism in check		Moral Knowing Moral Identity Ethical Reasoning
		Valuing Virtue Strong Moral Compass Ethical Decision Making
		Curious Mindset Creative Problem-Solving Divergent Thinking
		Creativity Generating Alternatives Innovation
		Growth Mind-Set Goal-Setting & Resourcefulness Learning from Failure
		Determination and Drive Self-Mastery & Agency Self-Sufficiency
		Optimistic Thinking Assertiveness Hope
		Positive Attitude Self-Advocacy Hopeful Life Outlook

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