

## Dyslexia in a ‘Sea of Strengths’

**Target Audience and Length:** This workshop was designed for children and adolescents formally diagnosed with dyslexia by a qualified psychologist. It will be offered in group format according to age (one group for ages 7 – 11 and one group for ages 12 – 17). This workshop was designed to take approximately 90 minutes. About 60 minutes will be with just the kids; parents will be invited in for the final 15 – 30 minutes.

**Purpose and Content:** It’s only natural for children with dyslexia and other learning disorders to wonder why they struggle, to feel confused, and to get down on themselves. Because of their struggles, they are at greater risk for developing low self-esteem, anxiety, and other psychological problems. It is therefore important that young people with dyslexia are helped along the path of forming a healthy, positive, realistic, and balanced sense of self. This session was designed to assist young people: (1) to better understand what dyslexia is and is not in the context of the ‘Sea of Strengths’ model of dyslexia; (2) to develop their resilience; and (3) to connect with other young people who know what it's like. With kids in mind, the program was designed to be fun, positive, and engaging.

**Cost:** I am providing this session completely free of charge, and I promise there’s no upsell. I run these sessions for no fee because I am well aware of the great expense families typically incur for assessments, tutoring, and other related needs. I’m keen to offer this follow-up psychological support to help kids with dyslexia to live their best life, and I don’t want cost to be a barrier. I do ask parents to make a \$15 donation to the sponsors—North Shore Community Centre and Speld Qld—to cover some of their costs of supporting this program.

**Locations and How to Register:** I offer the sessions in two locations. The first location is the Speld Qld office at 141 Merton Road, Woolloongabba, Qld, 4102. The second location is the North Shore Community Centre at 701 David Low Way, Mudjimba QLD 4564. I will run this session on a periodic basis throughout the year based on demand. Please contact Speld Qld (<https://www.speld.org.au/contact>) to register your interest.

**About me:** I completed my doctoral research on learning disabilities, and I have completed well over 1,000 psychoeducational assessments for dyslexia and other learning problems. I am privileged to have been able to support kids in many different roles and places over my career. You can learn more about me at <https://drmikethepsych.com.au/>.