September 14, 2007

Resiliency for Life
Michael Ballard
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via email

Dear Michael:

"You, Dr. Sanders and Dr. Cummings have created a unique intervention that builds upon the belief that all children have the potential to be resilient and constructively cope with the big and little diversities of life. For many children, coping with the various developmental challenges can be overwhelming and limiting, especially when labels are placed upon them for not meeting the psychosocial expectations society has for them.

"Imagine Yourself" focuses not on children's problems so much as on how to foster their inner sense of fortitude, empathy, achievement, and optimism as well as an understanding of how others can support them in exploring their gifts and abilities. The professional field has started to understand that the "deficit model" has a role in identifying how and why children are different and even for prescribing strategies to improve those differences, but we now believe that our highest goal is to improve the future of all children by identifying and nurturing their strengths. A resilient mindset, the ability to cope with and overcome adversity, is not a luxury possessed by some children but an essential component for all children.

Michael the approach presented uniquely enhances the potential for all children to understand and develop some of those essential protective factors that allow them to cope, adapt, and thrive in today's fast-paced and challenging society.

Regards,

Wayne Hammond, Ph.D.
President and CEO
Resiliency Canada

President and CEO
Resiliency Initiatives