

DESTY Island Emotional Resilience Programme Information Workshop

Created by educational psychologist and DESTY® (Discovering Exceptional Strengths and Talents) founder Stephanie Fitzgerald, DESTY Island is a safe, fun, interactive world where children learn about themselves, their feelings and how to manage BIG feelings.

Children visit DESTY Island online with their trained DESTY mentor who is typically a staff member in their school. There they meet the wonderful character DESTY who acts as their island guide and friend. This is a one to one, individualised and targeted programme where child and mentor work together over a minimum of fourteen 30-40 minute guided sessions aimed at building children's emotional resilience.

To view a demo of the programme please visit www.educationdesty.com/demo
This online workshop is organised by Norfolk Virtual School in partnership with Education DESTY.

Workshop details

- **Date:** 7 June 2022
- **Time:** (click on the relevant link to register for one session)
 - [Option 1 – 9:30am to 10am](#)
 - [Option 2 – 3:30pm to 4pm](#)
- **Platform:** Zoom
- **Cost:** No charge

About the facilitator

Stephanie Fitzgerald BA(Psych) MA(EdPsych), founder and CEO of Education DESTY®, is a qualified educational psychologist with a Masters Degree in Educational Psychology from University College Dublin (UCD) and an Honors Degree in Psychology from National University of Ireland Galway (NUI Galway). For over 20 years Stephanie has supported children, families and professionals involved in healthcare and education systems.

Together with her team at DESTY, she designed an award-winning social enterprise which has trained and supported over 2,000 parents, carers and educators to become DESTY Mentors who support children to visit DESTY® Island where they are supported to develop their emotional intelligence and resilience. For the past 5 years, Stephanie has focused on the impact of trauma and attachment on brain development and how we can support children to develop resilience in the face of trauma.

More information

- **Web:** www.educationdesty.com/schools
- **Tel:** 0238 097 0332 (UK)
- **Email:** Training@educationdesty.com

