



Michele Borba

Educational psychologist

Biography

Michele Borba, Ed.D. is an educational psychologist and former classroom teacher. She is also award-winning author, and child expert recognized for her solution-based strategies to strengthen empathy, character, and reduce bullying. Dr. Borba is an NBC contributor who has appeared over 150 times on the TODAY show and featured on countless shows including: Dr. Phil, Dateline, The View and CNN. Her 24 books have been translated in 20 languages including End Peer Cruelty, Build Empathy, Building Moral Intelligence, UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World. her latest (March 2021) is Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine. She offers realistic, research-based advice culled from a career of working with over one million parents and educators worldwide.

Web: micheleborba.com

twitter @micheleborba

instagram @drmicheleborba

Workshop Description

Workshop Title: Raising Thrivers: Educator Tips and Tools to Help Students Thrive in An Uncertain World

Our kids are the smartest on record, but also the loneliest, most stressed, risk averse, and depressed. It's why we must rethink our parenting so they can thrive in an anxious, uncertain world. The good news is that thrivers are made, not born. In this thought-provoking session, you'll learn seven traits that science says matter most in happiness and success (even more than IQ and grades) and help kids thrive both now and later. You'll learn how to help your child cope with everyday frustrations as well as bigger challenges, solve problems and develop resourcefulness, bounce-back from failure, develop an optimistic spirit, and recognize their unique passion to increase authentic confidence. This session offers hands-on tools to raise successful, self-reliant, and less-pressured kids who thrive in school and life.