



The Magic Coat is a tool to help create confident, calm and caring kids who know how to problem solve, feel safe and manage their emotions appropriately so that they have good mental health and well-being.

The Magic Coat program helps children learn to take control and responsibility for their own world and to create positive relationships with adults and children around them. Focusing on prevention rather than cure, it provides children with social and emotional strategies from a young age, which can have a significant impact on mental health in later years.

The program includes unique & interactive workshops for both parents and children to attend together, where children will learn the strategies and tools to help them deal with issues such as worry and anxiety, friendships and bullying.

★ *By attending with their child, and working through a workbook together, parents will also learn how to support their child using a common language.*

As well as these Parent & Child workshops, The Magic Coat also incorporates:

- Children's books;
- Parenting books;
- School presentations;
- Community and Parenting seminars;
- Dedicated workshops just for children;
- An in depth 10 week after school program (run each school term in WA by Direction Psychology);
- Teacher training and a workbook to enable the program to be run in classrooms; and
- A growing range of merchandise.

More information can be found at:

<https://themagiccoat.com/>

Meet Di Wilcox, founder of The Magic Coat:

- Di holds a Bachelor of Social Science in Women and Children Studies, and a Diploma of Education.
- In 2013 Di received Momentums Most Inspirational Woman of the year award.
- In 2012 and 2014 she was a top three finalist for the Pride of Australia Medal.
- In 2017, Rotary International presented Di with a Pride of Workmanship award.
- Di has appeared on television programs for Channel 7, 9 and Foxtel's "The Couch".
- Di makes regular appearances on Channel 9 as a Parenting Expert.

After teaching both nationally and internationally, Di was astounded at the number of children who were unable to focus at school. She spent her recess and lunch times speaking with children who she could see were struggling to concentrate, to find out what was going on in their minds. Di discovered that most of these children loved school but could not focus because of all the worries that they had going on in their lives both in and out of school.

After some research, particularly in the area of Positive Psychology Di wrote lessons for her own class to help them manage these worries and build resilience. It didn't take long before other teachers were asking her to work with their students and then other schools.



Di Wilcox

Soon Di left teaching to focus 100% on developing a program that could provide a common language for adults and children to share, that would help children to build confidence, manage their emotions, build resilience and encourage empathy for others.

This is when The Magic Coat Program was developed and, after three years of piloting the program, Di now presents to hundreds of parents and children and also trains teachers, psychologists, social workers, women refuge workers and the police in how to use the program and resources with the children with whom they work.

Di is available as a keynote and inspirational speaker for corporate events globally and also provides life coaching for children and their families.