

## **CEU WORKSHOP**

### **Secrets for Empowering Any Parent or Child**

#### **Description:**

This interactive workshop teaches a reliable formula for finding effective individualized responses to any relationship problem - in seconds! This "Universal Blueprint" and its practical skills are useful in any work or home setting, with children of any age or adults. Use these practical proven techniques to improve your professional performance and client/work relationships. Then model and teach the skills to the parents you serve. Excellent workshop for parent educators!

#### **Objectives:**

Participants learn how to . . .

- Advise, support and inform parents of diverse populations, utilizing universally effective techniques and accurate advice that dispels common parenting myths.
- Empower parents to think for themselves and independently plan effective responses to any parenting problem, by using/modeling/teaching a parenting "plan" families can individualize for their needs.
- Teach/advise parents in the use of 15 parenting skill areas. Each skill set may include up to a dozen individual techniques they can use/model/teach to parents.
- Improve professional relationships with parents and children, by using, modeling, and teaching the skills in all human relationships.

**2 Saturdays: February 10 & March 10, 2007, 9 a.m. – 4 p.m.**

**12 CEUs** for OH Social Workers, Counselors, MFTs, foster parents, Early Childhood Educators

#### **AGENDA**

##### **Day 1: Saturday, February 10, 2007**

8:30 – 9:00 Registration Check-In

9:00 – 10:30

- Introduction: Identify the 5 reasons even effective parenting tools might not work
- Foundation-Building Toolset: Recognize five types of parenting styles, their long-term consequences and goals for balancing extreme styles.

10:30 – 10:45 Break

10:45 – 12:00

- Using The Universal Blueprint: Ask three simple questions to find individualized solutions to any parenting challenge. Then apply the five-step PASRR effective response formula.
- Self-Esteem Toolset: Use descriptive encouragement with parents and children to boost self esteem, without creating praise junkies.

12:00 – 1:00 Lunch (provided)

1:00 – 2:45

- Cooperation Toolset: Foster internal motivation in children without power struggles, stickers or bribes. Learn four practical tools parents can use to make requests and set rules children will follow - - - the first time.
- Independence Toolset: Help parents balance setting limits and giving freedom while teaching children tasks, behaviors and values that boost responsible behavior.

2:45 – 3:00 Break

3:00 – 4:00

- F-A-X Listening and Problem-Solving Toolsets: Identify four types of problem-solving styles to help anyone work through conflicts. Take three steps to help others reach their own solutions, without giving advice or taking over.

##### **Day 2: Saturday, March 10, 2007**

8:30 – 9:00: Registration Check-In

9:00 – 10:30:

- Keep Your Cool Toolset: Reprogram anger cycles and trigger buttons, using the Anger Log exercise. Develop individualized anger and stress management plans for adults and children.
- Clear Communication Toolset: Express concerns assertively, with as little as one word, so parents and children want to listen!

10:30 – 10:45: Break

10:45 – 12:00:

- PU (Unintentional Misbehavior) Toolset: Understand the five causes of unintentional misbehavior and the basics of helping children improve behavior that results from each challenge.

12:00 – 1:00: Lunch (provided)

1:00 – 2:45:

- PO (On Purpose Misbehavior) Toolset: Reveal the four purposes behind intentional misbehavior and how to respond to each.

2:45 – 3:00: Break

3:00 – 4:00:

- Discipline Toolset: Dispel popular myths about discipline and punishment. Learn the “Four R’s of Effective Discipline. Discover five effective techniques parents can use instead of or in addition to self-control timeouts, restrictions and logical consequences.

**INSTRUCTOR:**

**Jody Johnston Pawel, LSW, CFLE**, is a second-generation parent educator with over 25 years experience training parents and family-service professionals throughout N. America in her uniquely entertaining and informative style. She’s the author of the award-winning book, *“The Parents Toolshop,”* dozens of advice articles and over 100 other resources for parents and parenting-professionals. Radio-TV Interview Report calls Jody “America’s Parenting Problem-Solver” because the media seek her expert parenting advice for *their* audiences. See [www.ParentsToolshop.com](http://www.ParentsToolshop.com) for more information about Ms. Pawel and Parents Toolshop® resources.

**DETAILS:**

**Where:** Chapel Family Life Center, (Bldg. #229 on Chapel Ln. (Off Spinning Rd.)

**Cost:** \$10/hr. for 12-hour program (\$120) + **“The Parents Toolshop”** book (\$25)

**Discounts:** 30% discount for Groups of 4+ who register at the same time.

**Early Bird Discount:** \$10 extra off if register 10+ days in advance.

**Child Care provided:** Contact Dana Warren at 937-258-3716 for more info. or to reserve space

**Register by 2/1/07!** Call 937-748-4541 or go to: <http://www.parentstoolshop.com/HTML/ClassRegister.htm>