

**Parents Toolshop® Consulting, Ltd. Workshops**  
*usually presented by*

**Jody Johnston Pawel, LSW, CFLE**

***Short Topic Programs***

All workshops are 1-3 hours in length as specified

***Back-to-School Issues*** — 1 hour

Get practical tips for getting back into the school swing. Learn how to make the August-to-September transition go smoothly. Find tools for decision-making such as after-school care and when kids can be left home alone.

***Bedtime Hassles*** — 1 hour

Learn how to prevent and stop misbehavior at bedtime and make bedtime a fun, pleasant experience for everyone! Get practical solutions to the Top Ten Bedtime Hassles most parents experience, and how to handle the four types of tantrums. Get kids to bed, asleep, and staying there!

***Build a Bridge to Healthy Relationships*** — 3 to 6 hours

Face the fears and bust through barriers that commonly arise in relationships between foster parent, biological parents, caseworkers and teachers. See a “style show” that reveals the secrets for communicating effectively in each relationship. Learn and practice practical skills that will build trust and cooperative working relationships at every stage of contact.

***Christian Child Care: The Scriptural Basis for Foundational Parenting Theories and Proven Practices*** — 1-3 hours

Parenting/Child care practices based on foundational parenting theories and long-term research of effective parenting/child care practices *are* consistent with Biblical principles. This unique workshop blends both by presenting the best language and action tools in a dozen parenting skill areas and offering Biblical references for each foundational theory/practice. Topics include: parenting styles, building self-esteem, gaining cooperation, developing children’s responsibility and independence, effective listening and communication skills, behavior management, respectful discipline and family councils. If you are a Christian parent or work with parents or children in Christian settings, learn the practical parenting/child care skills you can use, model and teach — *every day, for life!*

***Controversy About Corporal Punishment*** — 1 hour

A recent California bill proposed a ban on all forms of corporal punishment. Learn what research says about the effectiveness of corporal punishment, what effective discipline tools parents can use instead of corporal punishment.

### ***Couple Communication*** — 2-3 hours

This workshop helps couples prevent and resolve conflicts that naturally occur in any relationship, by following a three-step process. Through stimulating discussions, interactive activities and skill application and practice, participants will understand concepts like problem ownership, common mind games couples play, communication roadblocks to avoid, and more. Participants will also learn how to use problem-solving, listening, and assertive communication skills, as well as learn what to do when the person or situation won't change. Depending on the age and status of the audience, this workshop can be customized for teen or adult couples (married or pre-marital) or friend-to-friend/peer relationships.

### ***Dealing With Difficult People*** — 1 hour

Get practical tips on dealing with people who criticize, complain, and control, at home or at work. Immunize yourself against toxic family members you have to be with over the holidays. Use the Universal Blueprint Effective Response Formula in your adult relationships!

### ***December Holiday Parenting Issues*** — 1 hour

Learn how to cure the Holiday “Gimmees” and teach children to be grateful givers. Get the tools you need to shop without whining, begging or tantrums. Practical advice on avoiding embarrassing gift-giving faux pas (like insulting Aunt Susie's gift).

### ***Developmental Stages & Effects of Abuse/Neglect***

*3 hours (development only) to 6 hours (includes Independent Living, ADHD, Sexual Abuse)*

Understand the developmental stages children typically follow and the effects that child abuse and neglect can have on children's development. Recognize when developmental delays or misbehaviors are a result of the child's developmental “style,” past upbringing or a true developmental delay. *(In the 6 hour format add...or schedule separate workshop on)* Learn how to prepare adolescents for independent living, recognize the cause of learning disorders, recommendations for the diagnosis and treatment of ADHD and the special issues of children who have been sexually abused. *(In the 6 hour format add...)*

### ***Keep Your Cool – Even When Kids Are Erupting*** — 1-3 hours

Discover the simple secret to being in control of your emotions instead of feeling like they control you. This informative workshop explodes myths and bubbles over with practical ideas you can use *immediately*. Learn the secrets of *preventing* stress & anger build-ups. Discover the two simple steps for helping *any* child create an individualized stress and anger management plan. Be introduced to a one-minute technique that can immediately calm someone down and gets great results at de-programming trauma, phobias and even some learning disorders! Learn the Top Ten Talking Tools that help you express your concerns clearly and respectfully.

### ***Getting Back Talk? Let's Talk*** — 1 hour

Have you ever listened the way your child talks to you and think, “We would have never talked to our parents this way!”? Understand why today's kids often act and talk the way they do and learn how to prevent children from using back talk, rudeness and smart-alecky remarks with you and other adults. Recognize when “sass” is intentional or *un-intentional*... and how to respond effectively to each type of problem.

***Getting Kids To Cooperate the First Time You Ask — 1-3 hours***

The #1 most popular presentation for parents! Learn why children often do what you just told them not to do, and how to prevent this; also learn the Five Best Tools for getting children to cooperate the first time you ask. Get practical tips on preventing and stopping power struggles. Also find out which tots will go through a “no” phase and which teens will rebel – and how you can beat the odds. Learn how to motivate kids without bribes. This workshop will give you the tools for quick change and long-term results!

***Healthy and Unhealthy Competition — 1 hour***

Learn the difference between healthy and unhealthy competition, and discover healthy ways for children to be involved in competition, sports, and extracurricular activities. Also: how many extra-curricular activities are too many? Learn how to help children maintain life balance and reduce extra-curricular stress.

***Halting Homework Hassles — 1 hour***

Discover the six causes of homework hassles, how to prevent problems, and respond so children take responsibility for their own work.

***Get the F-A-X: Listening, Problem-solving, and Communication Skills That Empower Children —for Life — 1-3 hours***

Discover how to use and model “F-A-X Listening,” a simple three-step process that helps children express their feelings appropriately, while teaching them how to independently solve problems and resolve conflicts. Use F-A-X Listening to open the lines of communication in *any* relationship — with children or adults!

***Misbehavior and Discipline: Clear Guidelines Now Revealed! — 3-6 hours***

Erase the gray lines that often define misbehavior and discipline with the clear guidelines offered in this entertaining, interactive and informative workshop. Recognize the five causes of “unintentional” misbehavior and how to respond to each challenge. Identify the four purposes behind intentional misbehavior and redirect each one—without escalations or unintentional payoffs. Then follow the “Four R’s of Effective Discipline” by using these practical tools to teach *self*-discipline.

***Morning Delays: Getting Kids Up, Dressed, Fed, and Out The Door On Time — 1 hour***

If you have a child who is a slow waker, dawdles, is distracted, delayed or defiant, you want to attend this session! Get practical tips for how to have children who are responsible morning people, learn what you can do to make each day go smoother, and respond to common morning hassles in proven and effective ways.

***Picky Eaters and Food Issues — 1 hour***

Learn how to prevent, respond to, or provide discipline for picky eating. Learn about food allergies and how they relate to ADHD. Get practical tips of what to do when children play with their food (or make messes) instead of eating it. Also get information on emotional eating and childhood obesity.

### ***Preventing and Resolving Problems*** — 1 hour

This is the “no-longer secret” recipe for preventing and resolving problems. Discover the Universal Parenting Plan that you can customize for *any* situation or child. Learn the 3 questions you must ask in *every* parenting challenge. Get the 5 steps for responding effectively to *any* parenting problem.

### ***Quick Tour of the Parents Toolshop*** — 2 hours

Do you ever feel overwhelmed by the infinite number of potential parenting situations *you* could face during your child’s life? Are you prepared? Do you think trial-and-error will give you the best results? Well, think again. Parental love may come naturally, but effective parenting is *learned*. Finally, there is a reliable “system” for finding an *individualized* response to *any* parenting challenge with *any* child. This unique “Universal Blueprint” problem-solving method was developed by Jody Johnston Pawel, LSW, CFLE. If you want to be the *most effective* parent you can be, then attend this interactive, entertaining and informative presentation by Jody Johnston Pawel. There, you will learn how to help children develop self-esteem, responsibility and *self-discipline*; how to get children to cooperate without bribes, stickers or power struggles; and how to teach children life skills, like problem solving, anger management and independence. These skills can improve your family’s relationships, while empowering your children — *for life!*

### ***Reading Children and Challenges — You Don’t Need to be a Psychic!*** — 1 hour

Learn the basics of the “Universal Blueprint Decision-Making Formula.” This interactive overview will introduce you to a revolutionary decision-making system for “reading” children and situations so you can prevent or find an *individualized* solution to *any* child behavior challenge. Based on 17 years of research, development and field testing with thousands of parents and professionals, this proven-effective system is based on time-tested parenting principles and practical language and action tools you can use with any child.

### ***Save Your Stars: Fostering Internal Motivation, Cooperation and Self-responsibility, While Building Self-Esteem*** — 3 hours

Learn the top ten most effective and practical language and action tools for fostering *internal* motivation, building self-esteem, getting cooperation, and teaching children tasks, behaviors, values and *self-responsibility*. Get short-term results and long-term benefits — without stickers or bribes — while preventing or defusing power struggles and tantrums. Learn how to increase children’s confidence and resistance to peer pressure without creating “praise junkies”. Use allowances effectively – without paying kids to do daily chores! This class will teach you to serve up some wings so that children can leave the nest.

### ***Solving Sibling Strife*** — 1-3 hours

Parents can run into lots of problems when trying to handle sibling conflicts. Learn the 3 best tools for preventing sibling rivalry and two techniques to use when you need a quick fix. Also learn how to teach siblings/children how to resolve future conflicts independently and peacefully, using only 3 steps.

***Take the Bite Out of Discipline*** — 1-2 hours

Understand the difference between discipline and punishment, and the Four Factors your discipline must have to avoid turning into punishment. Learn the Special Language of Effective Discipline and the Five Best 4-Star Discipline Tools. Finally, learn about the 3 most *mis*-used tools and tips for using each one effectively.

***Taming Temper Tantrums*** — 1 hour

Learn the #1 reason most tantrums start, and how most of them can be prevented. Get practice tips on how to respond to the 4 Types of Tantrums. Learn why ignoring tantrums doesn't work, and what you can do to get results. Understand the differences (and similarities) between teen/adult and toddler tantrums. Also get advice on dealing with aggressive toddlers and preschoolers, and the effective uses of timeouts.

***Teaching Kids To Lie? How to Prevent and Respond to Lies, While Teaching Truthfulness*** — 1-6 hours

Get practical tips on identifying and preventing lies, as well as encouraging truthfulness. Learn when children begin to understand lying and the #1 reason people (including children) lie. Understand how parents can accidentally model lying, and learn the 4-step method for responding to lies.

***What's the Foundation of Your Parenting? Understanding Parenting Styles and Tips for Parenting as a Team*** — 1 hour

Discover whether your style is best for reaching your parenting goals. See a parenting “style show” that reveals which parenting practices will get the long-term results *you* want. Understand why parenting today is different than it was in the past, the 6 reasons even effective parenting tools might not work, and what parents can do to prepare children for *today's* society. Discover the secrets for building healthy parenting habits and working together as a team with *your* parenting partners.

***Why Kids Misbehave... and What You Can Do to Prevent and Stop it*** — 3 hours

Learn the 3 questions you can ask to discover why a child is misbehaving, plus the 5 reasons children misbehave and the best response for each. Also learn how to avoid reactions that escalate problems or give payoffs. Understand why these tools will make your discipline work better and not using them will likely cause your discipline to fail.

## ***Comprehensive Full-Length Parent's Toolshop® Programs***

All are pre-approved for CFLEs, OH SW/Cnslr/MFT CEUs, and foster parents unless specified

### ***Effective Single Parenting (E.S.P.) For Single, Divorced and Widowed Parents***

*3 to 6 hours (only CEU approved when offered through Ohio Child Welfare Training Program)*

Single parents need ESP --- Effective Single Parenting --- to overcome the daily stresses and challenges they face. This interactive workshop shows single parents how to maintain a balanced life and prevent stress overloads; build and maintain their self esteem and their children's; guide children through grief and separation issues; improve teamwork with parenting partners; and use effective communication skills to resolve conflicts with the children and adults in their lives.

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

*2 six-hour days (Approved for 12 hours)*

This comprehensive, advanced, interactive workshop reveals a reliable formula for finding effective individualized responses to any relationship problem - *in minutes!* Discover the most effective, practical language and action tools for stimulating *internal* motivation, building self-esteem, getting cooperation, fostering independence, improving communication, understanding and responding effectively to misbehavior, and disciplining in ways that teach accountability, responsibility and *self-discipline*. This "Universal Blueprint," and its practical skills are useful in any setting, with children of any age, and even in adult relationships!

### ***The Secret Recipe for Parenting Success: The Top Ten Ingredients for Skillfully Handling ANY Parenting Challenge***

*10 one-hour Lunchtime Topic Series (Approved for up to 10 hours):*

If you've wanted to attend a Parents Toolshop workshop, but your evening family time is just too hectic, come to this daytime topic series during your lunch break. I discovered a scrumptious secret recipe that helps parents prevent many common problems and effectively respond to any challenge. I've cooked up some fun activities to help you learn the formula only I teach — that uses all the skills parents need and has been proven effective with thousands of parents nationwide for over 10 years — although there are families who have used these skills for generations! You'll learn the most practical and effective parenting tools every parent needs to know and use. I promise you'll get practical solutions any parent can use every time, every day — with lasting results!

### ***T.I.P.S. (Tools for Improving Parenting Success)***

*6-8 consecutive weeks for 2-3 hours (Approved for up to 18 hours)*

Nowhere Else can you attend Universal Blueprint® programs, which teach a simple formula for finding your own personalized solutions for preventing and solving problems with children ages 1-18. Discover the practical 4-star language and action tools every parent needs to know. Help children become confident, independent, responsible, cooperative and capable of solving their own problems. Improve parent/child communication. Understand and effectively respond to misbehavior so children become self-disciplined. Boost teamwork and consistency with your parenting partners.

## ***T.I.P.S. (Tools for Improving Parenting Success) TELE-CLASS***

*6-8 weeks, 1-2 calls/week, 1-2 hours long + bonus ½ hour for personalized problem-solving (16-18 hrs)*

Do you *want* to be a *positive* parent but experience *common but avoidable* parenting challenges such as: power struggles ... bedtime hassles ... morning delays ... tantrums ... back-talk ... lying ... and more? When these challenges arise, do you want to *confidently* respond in a respectful way that gets results? Instead, do you find yourself running out of options? Getting frustrated? Being tempted to resort to tactics, tricks and threats to force your children to obey? Or end up giving in to avoid a fight? Have you come to realize that none of these desperate approaches work in the long-run — but aren't quite sure what to do instead? Want to know what up to 40 years of long-term research proves will work? This workshop series will help you process, clarify, practice and apply the practical language and action tools in *The Parent's Toolshop*® book. Any parent worldwide can participate from the comfort of home!

## ***Home Study Program for Parents OR CEU Professionals***

*(Approved for 10 hours of CEUs...about 30 hours real-time)*

This home study involves reading *The Parents Toolshop*®: *The Universal Blueprint for Building a Healthy Family* book and completing and submitting the practice exercises at the end of each chapter. For your convenience, we'll send each chapter's exercises to you by e-mail so you can simply reply to each one, type in your answers and send them. Complete these and submit a final review (about 50 questions).

\* CEU participants must fill out more comprehensive review questions to meet state requirements

*Optional Add-on:* Have a certified Parent's Toolshop® instructor review and comment on your answers.

*Optional Add-on:* Have a pre-post parenting skill assessment to see in exactly which skill areas you improved and how much.

## ***Your Team Can Be One Big (Happy) Family***

*Available as a keynote, two-hour or one-day seminar*

That's right. *Family!* From hair-raising tensions, competition, jealousy and power plays to the rich rewards of cooperation, productivity and achieving common goals... it's all here. Introducing the Universal Blueprint®. Originally field-tested for seven years in America's toughest operating environment by thousands of parents and parenting professionals, Jody Pawel's acclaimed Toolshop® solutions have been adopted by business owners, managers, non-profit directors and more with the same astonishing results... at work *and* at home. Like dozens of seminars rolled into one! You'll learn how to: ask three simple questions that solve any relationship problem; identify five types of relationship styles and their impact on your team; recognize and respond instantly to problem behaviors; avoid common pitfalls that can turn a dialogue into disaster; help others resolve conflicts without giving advice or taking over. Move beyond trial and error – use these exciting solutions every time, every day!

## ***Teens And Parents – Together***

*Taught in four to six 2-hour sessions*

This program teaches teens and their parents, *who are Parents Toolshop graduates*, the basic and advanced skills needed to improve parent/teen relationships. It's a wonderful follow-up program to the standard full-length class. Topic packet includes the class manual, handouts, activities and evaluation form. Topics include: understanding parent and teen perspectives; building self-esteem within the family; listening and problem-solving skills; communication and "keep your cool" tools; how to hold family meetings; practicing and coaching individualized problem-solving.

**All participants who complete these 10+ hour Parents Toolshop® programs qualify for:**

### **PARENTS TOOLSHOP® LIFETIME GRADUATE BENEFITS:**

- \* FREE: 30-minutes of phone consultation per year
- \* 50% off consultation fees (phone/home)
- \* 50% off Toolshop® classes taught by the author, Jody Johnston Pawel, LSW, CFLE
- \* UNLIMITED LIFETIME 10% DISCOUNT on any programs and resources purchased on-line.  
You will receive a discount link upon graduating.

All graduates receive notices of upcoming graduate support services, such as in-person groups and teleseminars.

## **About the Speaker**

**Jody Johnston Pawel** is a Licensed Social Worker, Certified Family Life Educator, second-generation parent educator, founder of [The Family Network](#), and President of [Parents Toolshop Consulting](#). She is the author of 100+ parent education resources, including her award-winning book, [The Parent's Toolshop](#). For 25+ years, Jody has trained parents and family professionals through her dynamic [workshops](#) and interviews with the [media](#) worldwide, including *Parents* and *Working Mother* magazines, and the *Ident-a-Kid* television series. Jody currently serves as the online parenting expert for [Cox Ohio Publishing's mom-to-mom websites](#) and also serves on the Advisory Board of the [National Effective Parenting Initiative](#).

## **Contact Information**

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[www.ParentsToolshop.com](http://www.ParentsToolshop.com) ~ [Info@ParentsToolshop.com](mailto:Info@ParentsToolshop.com) ~ 1-866-PARENT8