



Presentations and training workshops :

Presentations /talks :

The following talks and presentations (between 30 to 90 minutes) are available for groups of parents, educators and staff who work with children.

- Managing children positively
- Introduction to a Growth Mindset – and growing children positively
- How to handle sensitive children
- Heart centered discipline
- Creative ways to help children with their feelings
- Play and grow (the importance of play and games)
- Positive parenting – the new way for today's generation
- Children and devices
- Classroom management and educator wellness

Workshops

Raising happy kids Wanting ways to get closer to your kids, and learn fun and easy ways to get through to them, without the usual constant nagging and unnecessary stress? Join us in this fun and exciting three hour parent-educator workshop based on Carol's books *Great Kids, strengthening their natural potential* & *ParentMagic – raising kids positively*. Learn how : to speak & listen so that kids will feel good and listen; to help kids let go of their 'bad' feelings; to help them believe in themselves; to easily redirect excess energy and hyperactivity; to become a confident discipliner, and improve your relationship with your children.

Play and Grow In this fun and engaging three hour workshop, we learn about the value and critical importance of games in our child's development. Delegates also learn all about the new children's self esteem game, *InnerMagic*® which builds emotional intelligence, while helping with critical thinking, communication, emotional expression, life skills, literacy, problem solving, self esteem and relationships.

Social and emotional barriers to learning This informative and interactive two workshop is aimed at new parents, early childhood development educators, child care workers and other role players involved in the care, education or management

of young children. We look at how the brain learns and practical ways to understand how various social and emotional factors influence a child's ability to learn and develop fully.

Strategies for building self esteem and effective discipline This two hour workshop (often presented as the second part to the Social and emotional barriers to learning workshop) offers practical ideas on how to build a child's self esteem, talk so that children feel empowered and discipline in respectful, fair and purposeful ways that enhance a child's development rather than shutting them down. Based on the concepts of the *Great Kids* book. This is a fun and informative session useful for anyone who wants tips for managing today's kids.

Creative Ways to help children cope with disease / injury / grief

In this one day workshop participants learn a child-centered framework (with a difference), that will enlighten your vision and give you a new lens through which to work with children. This workshop teaches ways to understand the unique needs of children who are hospitalized (and/or coping with death of loved ones) and offers practical ways to assist them emotionally. Using child-centered communication, compassion and 'in-their-shoes' empathy make a massive difference to children who are diseased / in pain. Participants also get several inspiring, practical and creative tools and ideas to use, so that they can more easily make a positive impact in such a child's life. The day includes practising various techniques, communication methods and tools so that you participants feel confident to deal with diseased, injured or grieving children.

Children and technology - guidelines for the future The modern world of technology is changing the way that we operate, learn and communicate. For the first time ever children are using the same technology as their parents but they know how to use it better! Being connected to the internet is the new 'normal'. However there are many responsibilities and real dangers for children in the digital world. On this three hour workshop we learn about the advantages and challenges of this new digital world and how to guide our children to understand and make responsible choices for their behaviour both online and offline. We also learn all about smartphones, tablets, apps and social media platforms so that we can keep up with our kids!

Therapeutic tools for working with children This one day intensive CPD accredited training for professionals offers lots of practical tools and activities to enhance a child's self esteem, using a child-centered framework with a difference. Delegates nationwide have found this training exceptionally beneficial in their work with children. It includes a theoretical and practical overview of the *Great Kids book*, as well as comprehensive professional training on InnerMagic™ the children's self esteem game. Delegates receive a copy of the book, and play the game in the afternoon.

Understanding Trauma : This full day CPD accredited course offers child care workers, social workers, educators and counsellors and opportunity to understand the psychology of trauma. Participants gain theoretical and practical knowledge in order to recognize and deal with signs of trauma : What it is, how trauma affects children and adults (short term and long term), the trauma debriefing model and tips for dealing with traumatized children and teenagers.

Stress management, self care and relaxation training

Based on a highly effective 6 session program delivered in Gauteng for several years, this comprehensive one day workshop helps educators, social workers, child care workers and all staff to relax and learn to manage their challenging work and life situations more easily. Using a powerful combination of theory, self awareness exercises, and movement therapy, stress is released easily, effectively and immediately. At the same time participants learn relaxation techniques and vital stress management principles leaving them feeling empowered to be able to implement the concepts and skills in their everyday lives.

Note : A two (or three) hour mini **Getting a handle on Stress** seminar option is available

Child Behaviour Management : This one day course is aimed at social workers, child care workers, teachers, other professionals and volunteers who deal with children on a daily basis. It is an informative and practical workshop which aims to teach participants to better understand and manage children's behaviour/misbehaviour. By having a sound understanding of the needs which drive a child's behaviour, participants can easily learn to change their responses which in turn allows the

child to change their behaviour. Participants work with plenty of everyday real life examples and have time to practise and become confident in the democratic recipes learned. (Note : if done in conjunction with the one day intensive : Therapeutic Tools for Working with Children, then the training can be condensed into a half day workshop)

Communication skills for youth

By improving your communication skills, you can improve your relationships with everyone in your world, especially with children and youth. Today's youth have different needs than when we were growing up. Media and social networking have changed the face of their lives and often adults they feel overwhelmed and under-equipped in talking to teens. This half day workshop offers understanding and practical skills in Non-Violent Communication, Effective Listening, Empathy, Probing, Questions and Giving Feedback. Fun and interactive, participants can use these skills for life.

Working with children and youth in groups

This full day workshop enables delegates to feel more competent in running life skills, self awareness and/or therapeutic groups with children and youth. It covers general group therapy concepts, planning and starting a group, the structure of a group, important dynamics and many games activities and themes that are applicable to various target groups. (Note : this training can be designed around your staff's current levels of experience/skills and structured around the various Youth Centre's specific needs.

Practical tools in managing troubled children

Children who have experienced some form of trauma react in various unhealthy and seemingly unpredictable ways. By learning to innovative and creative tools to manage their behaviour, participants feel confident to deal with any form of troubled behaviour. A prerequisite for this half day workshop is that delegates have a good understanding of or background in child behaviour (e.g done the Child Behaviour Management training).

Team building stress reliever

This 2 hour morning/afternoon input focuses on allowing a group to come together and really have fun, while at the same time relieving stress, activating the sympathetic and parasympathetic nervous systems and uplifting one's emotions. This is a movement based session (from the scientifically proven international personal development system of Biodanza), using music and a series of fun and meaningful activities to bring staff closer to together.