

PARENTING WORKSHOP

EMOTION COACHING: THE HEART OF PARENTING | THE GOTTMAN INSTITUTE

EVENT DETAILS

We invite you to join our 3-week parenting workshop.

WHEN: Tues 4, 11 and 18 June

WHERE: Sutton Theatre, SB2.9

TIME: 2.00-3.00pm

Parents are welcome to attend one, two or all three sessions.

For more information, contact Rexina Harding (Counselling) at r.harding@stpauls.qld.edu.au. Please RSVP to Rexina, however anyone is welcome to attend on the day.

"The heart of parenting is being there in a particular way when it really counts."

**DRS JOHN & JULIE
GOTTMAN**



Facilitated by:
Ms Amanda Pashen
St Paul's School Counsellor



ABOUT THE PROGRAM

Emotion Coaching: The Heart of Parenting presents a 5-step method that builds emotional intelligence and creates positive, long lasting effects for children. Easy to learn, and used by parents, educators and care-givers, it supports kids through life's ups and downs in a way that builds confidence and helps them grow socially, emotionally and intellectually.

Researchers have found that even more than IQ, your emotional awareness and ability to handle feelings will determine your success and happiness in all walks of life. Acclaimed researchers and therapists Drs. John and Julie Gottman present this proven program to show you how to be there for your child when it really counts.

At the end of this program, you will be able to:

- Understand the importance of Emotional Intelligence
- Learn how to recognize, respond to, and validate what your child is feeling
- Learn how to be an effective Emotion Coach using the Five Steps of Emotion Coaching with kids of any age
- Discover ways to express understanding and empathy
- Learn how to set limits and problem solve with children