



Parent Talks

1. **The Single, Most Important Ingredient to a Joyful Family.** We kick off the series with the secret to a joyful family. Many parents today are strictly in “go-mode” with their kids. They’re doing everything a “good” parent is supposed to do to take care of the family... But what happened to the joy? You CAN find it again. I'll tell you how to find the joy and keep the joy going, even when your child is challenging you the most.
2. **How an Empty Space Leads to Responsive Parenting.** Reaction and response. The difference between the two is deliberate thought. How often does something happen within the family when you react, without thinking, in a way that creates disconnect and frustration for everyone involved? I will give you one important tool that will support you while you strive to become a more responsive, rather than reactive, parent.
3. **Parenting Myth Busters! Disproving the Myths that Hold Back Our Families.** Outdated, antiquated, obsolete parenting ideas have no place in modern family life. Why? Because they simply don't work. If you're ready to move your parenting skills forward to get the closeness and cooperation you seek, then you must check out this webinar. I run through some of the most common and pervasive parenting myths out there and light the way to newer, more effective ideas.
4. **Operation Well-Balanced Kiddo: How to Best Support Your Child's Emotional Journey.** Any number of things can throw off a child's emotional balance. Stress, anxiety, frustration, resentment, and anger can manifest itself in all the classic “misbehaviors” we deal with daily. As parents, we can't fix our kids' problems, but we can certainly support them along the way. I'll present the guidelines to support emotional intelligence and balance, leading to happy, curious, self-reliant, responsible, and cooperative children.

5. **How to Turn the Family of Your Dreams into Your Reality.** Smoothly-running households and respectful children are not just the stuff of fantasy. Your family home is supposed to be the place where you recharge your batteries, instead of a source of stress and conflict. This webinar will give you the tools and ideas to create an atmosphere of connection, fun, and acceptance so your home life can be the peaceful sanctuary it's supposed to be.
6. **Welcome to the Wide World of Sports! The Dos and Don'ts of Kids in Sports.** Kids can learn so much from participating in sports: discipline, cooperation, a love of fitness, etc. Along with the great benefits of sports, there are also pitfalls that parents should be aware of. As a mother of 4 athlete sons who have played in all levels of sports, from recreational to college level, to the NBA, I have some unique insights to share about what it takes to keep a kids motivated and balanced while playing sports.
7. **Bully-PROOF Your Children.** This should be mandatory training for all parents! Every day across this country, there are 3.2 million victims of bullying behavior. Together we'll explore different kinds of bullying, its causes, how it differs between girls and boys, and what we as parents and teachers can do about bullying. You will learn tools to bully-proof your children-- whether caught in the cycle of bullying as the bully, the victim, or the by-stander.
8. **Stop Micro-Managing Your Kids! Teach Children Self-Management in 5 Easy Steps.** Kids can hear up to 1,000 compliant statements a day! That's a lot to hear for them, and a lot to deliver for parents and teachers. Give your kids and yourselves a break by teaching them self-management skills. It will empower children, take the heat off of you as a parent, and teach them a very important life skill all at the same time. Sounds like a win-win-win to us!
9. **Establishing Emotionally Healthy Families.** By setting limits and reducing power struggles in a respectful way we are given the avenue to create homes that are healthy, fun and cooperative.
10. **Steps to Creating Smooth Transitions for Your Child: Transitioning into summer, New School, New Classroom.** Some kids and parents can fly by the seats of their pants. Others like to have an idea of what to expect. One is not better than the other. They are just different. In this talk you will be given practical tools that will support everyone in transitioning to a new environment.

11. **Kids, Exercise and Nutrition.** All of us want to be good parents, but sometimes our definition of being a good parent has us parenting our children in a way that doesn't allow our children to develop some essential skills they will need throughout life. The two we will be discussing in this talk are internal motivation and self-management in regards to living a balanced and healthy lifestyle
12. **Toddlers, Power Struggles, and Tantrums.** This stage of a child's life has plenty of ups and downs. Come hear ideas and thoughts on how to best support your toddlers as they move full-throttle ahead during this stage in their life. You'll be happy you did, and so will they!
13. **Indigo Children: Our Hope, Our Future.** According to Nancy Tappe, 95% of kids under the age of 20 are "Indigos," meaning they thrive in an environment of truth and respect. This workshop is targeted to parents and teachers who are motivated to work more effectively and consciously with these unique individuals at home and in the classroom.
14. **Balancing Work and Family.** Learn how to nurture yourself and your family so that your family supports your work. Find the Balance.
15. **Balancing Love and Discipline.** Introduces the concept of firm and kind, unconditional love, and the value of more action and less talk.
16. **Creating Cooperative Families.** Teach how to create a cooperative family/classroom atmosphere and what to do when there's a lack of cooperation.
17. **Effective Parent-Child (Teacher-Child) Communication.** Introduce the concepts of listening, GEMS, handling feelings and conflict resolution.
18. **Enhancing Children's Self-Esteem.** Demonstrate 10 methods of disciplining while instilling high self-esteem
19. **Getting in Step with Step-Parenting.** Learn how to work cooperatively with your ex and peacefully blend families
20. **Handling Aggressive Children in the Classroom, Two through Six.** Explore developmental and learned aspects of aggression and 15 actions you can use to correct this behavior.
21. **Handling Sibling Rivalry.** There is a difference between sibling rivalry and sibling conflict. We will cover how to identify and correct each behavior.

22. **How to Turn a Terrible Two into a Terrific Two.** Use lots of developmental information and the mistaken goals of power and attention to make this difficult time wonderful.
23. **“If You don’t Stop Crying...!”: How to handle Children’s Feeling.** Show the effects of feeling stoppers and feeling encouragers and how to work with children’s feelings in each developmental stage.
24. **“No I WON’T and You Can’t Make Me!”: Effectively Handling Power Struggles.** Teach how to recognize and disengage from a power struggle and what to do to lessen them in the future.
25. **The Joy of Raising Teens.** How to effectively communicate with your teen, set clear boundaries, and reduce power struggles! [2 Hrs- Can be broken up into smaller 1 hr parts, see 26 & 27]
26. **Developmental Stages of Teens: When Should We Be Concerned?** How do we know what’s normal and what’s not? When do we back down or step up: This workshop will help ease your mind as we discuss the developmental stages of teens and preteens. [1 hr- part of Enjoying Teen Years]
27. **Ten Ways to Reduce Power Struggles with Your Teens and Tweens.** Amazing results happen once we realize that 'less is more' when the possibility of a power struggle arises. These positive pro-active alternatives will support you to maintaining a strong and healthy relationship with your kids as they go through their teen years. [1 hr- part of Enjoying Teen Years]
28. **Parenting as a Team.** Discover the underlying causes of couple’s disagreements on parenting and show how to create peaceful resolutions.
29. **Take the Hassles out of Homework.** Lessen the power struggle, teach responsibility and goal setting and demonstrate ways to encourage and self-motivate children.
30. **Teaching Children Self Control.** Within developmental guidelines, show how it is the parents’/teachers’ job to assist the child in learning how to control and appropriately express their feelings and desires.
31. **Tell Them What to Do, Not What Not to Do.** Teaches how a small shift in speech can create more cooperation, more responsible children.
32. **What to Do When Your Kids Drive You Crazy.** Show some alternatives to nagging, yelling and threatening and how to model self-control.

33. **Asking for What You Want.** Demonstrate how to understand and overcome this difficulty and how to successfully negotiate.
34. **Creating Teamwork.** Teaches underlying concepts of teamwork and how to make it happen at home and work.
35. **Resolving Conflicts.** Demonstrate the power of conflict resolution and negotiating to a win-win.
36. **Communication 101, with an Emphasis on Parenting.** How to promote mutual respect, listen effectively, and be heard both at work and at home!
37. **Understanding Children's Temperaments.** We will go over the different temperament styles and common behaviors that stem from each quality. You will learn specific tools that have a calming effect on a child's behavior. You will learn valuable skills to teach a child so that they can more effectively deal with their unique combination of temperament qualities!