

THE HUMAN FLOURISHING PROJECT

POSITIVE PARENTING

OUR WHY...

To help create a world in which everyone can flourish. Giving parents the tools they need to not only survive, but thrive in all areas of today's world.

OUR HOW...

Through our experiential activities you will be thinking, feeling and deciding... What drives children's behaviours and how to support their social and emotional development and develop tools to be more confident.

OUR WHAT...

Workshops to explore the outcomes below & to learn how little things can help make a big difference.

Learning tools and communication techniques to build, healthy, happy and positive relationships

WORKSHOP AGENDA & OUTCOMES

- **What is Positive Discipline?** - Understanding the theory
- **Values, skills & behaviours** – What are the values & behaviours we want our children to learn & do our own values & behaviours reflect these outcomes.
- **The Brain** - Understanding how the brain works & how a child's is different
- **Thinking, feeling, deciding** – To understand how words and actions are perceived
- **Parents Helping Parents Problem Solving Steps** – an effective and powerful practice that allows parents to work together to problem solve challenging parenting difficulties.
- **Real life application** – How to apply these principles to daily life.



About: We have over 20 years of experience in education and wellbeing, as teachers, trainers and thought leaders. We believe that the social emotional wellbeing of all individuals is the most important aspect of health and happiness. We combine best practices, neuroscience, psychology and social-emotional learning based on Adlerian research based philosophy.