

PARENTING WORKSHOP

RAISING AN EMOTIONALLY INTELLIGENT CHILD | THE GOTTMAN INSTITUTE

EVENT DETAILS

We invite you to join our next parenting workshop.

WHEN: Tues 12 & Thurs 14 Nov

WHERE: Sutton Theatre, SB2.9

TIME: 2.00-3.00pm

Parents are welcome to attend either of these sessions but it is most beneficial to attend both.

For more information, contact Rexina Harding (Counselling) at r.hardingstpauls.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

Dr Gottman explains how to coach children to regulate their emotional world to increase self-confidence, improve school performance, and contribute to greater physical health and healthier social relationships. This workshop, Raising an Emotionally Intelligent Child, will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Dr Gottman draws on his studies of more than 120 families to zero in on the parenting techniques that ensure a child's emotional health. He then translates his methods into an easy, five-step "emotion coaching" process to help parents:

1. Be aware of a child's emotions
2. Recognize emotional expression as an opportunity for intimacy and teaching
3. Listen empathetically and validate a child's feelings
4. Label emotions in words a child can understand
5. Help a child discover appropriate ways to solve a problem or deal with an upsetting situation.