

Building Resilience and Resourcefulness - in parents too!

A program that fosters peace, harmony and closeness in families using

Dr Thomas Gordon's Parent Effectiveness Training (P.E.T.)

“As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it myself” Joyce Maynard

P.E.T. Is the worlds most popular and unequalled communication & parenting skills program. Learn skills that will help you become the parent you want to be and;

- understand problem ownership and listen so children feel understood
- talk to children assertively so they will hear, understand and respond by changing unacceptable behaviour
- to solve problems constructively rather than destructively
- encourages resilience, problem solving, strong self esteem and leadership qualities in children
- create an environment that greatly reduce the chances of children becoming withdrawn, aggressive or rebellious.



Parents stories...

“As a parent I was struggling and was having many yelling sessions. I learnt about how I was not communicating with my children but using my “power” over them. The program has had a very positive effect in my relationship with my children and sometimes things are now done without my asking.”

Mary O'Brien

“Judith is an exceptional trainer and the course is also one of the most useful I've ever undertaken. Active Listening with my children was one of the most important skills that I got out of P.E.T. We all we now have much more honest, open and loving relationships. Thanks for your endless patience and encouragement Judith.”

Jackie Lazzaro

“As a parent I often struggled to reach my son and understand his perspective. Where I thought his reaction was based on one thing I found it was actually not the case - that was just me guessing. For me the P.E.T. communication skills allow me to have true compassion for my child, and myself. This took 90% of the conflict, misunderstandings and desperation out of parenting. . It helped me fix mistakes as a parent and really hear the depth of everyone in my family. An invaluable gift to any family”.

Brenda Sutherland

. Program based on the acclaimed work of Nobel Peace Prize Nominee
Dr Thomas Gordon:
www.gordontraining.com



Session Overview

Session 1

What is an effective parent? Problem ownership. Adults have the right to get their needs met too. Children's 'Behaviour' and a model for change. Do adults have to be consistent, present a united front, and be forever tolerant? Exploring parenting myths.

Session 2

How to listen so children will share their problems with you. "Active listening" and Passive Listening Skills - a new approach that will allow you to really hear and be of help and become closer.

Session 3

Putting your skills to work. Coaching and Practice.

Session 4

Your assertiveness; how to talk so children will respect your needs and modify their behaviour. Effective communication of your needs that really works

Session 5

Further ways to prevent and change unacceptable behaviour. Modifying the environment and understanding conflict and why it is part of family life. What are our needs and how do we meet them?

Session 6

The inevitable conflicts. Who will win? Avoiding power struggles and a model for finding mutual solutions to meet everyone's needs.

Session 7

The no-lose method. How it avoids rebellion and resentment. Learning stages and much more...

Session 8

How to avoid being fired as a parent. Resolving value collisions and how to reduce tension and remain connected during difficulties.



Strength
connection

Harmony Peace

Sessions;

The course consists of 8 X 3 hour sessions. Either held weekly or as an intensive 3 days, usually over 4 weeks. The classes are conducted in small groups in a friendly, relaxed environment.

Who Should Attend:

Although primarily pitched at Parents and Carers, the course is equally effective for Grandparents, Youth Workers, Teachers, Child Care Professionals and Social Workers etc.

Cost:

\$445 includes text and workbook
Couples discount \$690 (all inclusive)

Facilitator – Judith Richardson

"Judith Richardson is well respected for her human relations training and is a foremost facilitator in the area of effective relationships and communication training. Her relaxed easy teaching style ensures learning is a enjoyable and rewarding experience."
Brenda Sutherland

You can also train to become a Facilitator

Judith is the National Trainer for Effectiveness Training Institute of Australia. Some of you may wish to go on to become qualified instructors and deliver these two powerful programs: Parent Effectiveness training and the Personal Empowerment Course. More info;

www.awakening.com.au

Registration Information

1. Sunday Program:

Surrey Hills (Melbourne) 3 Day Intensive,
Sundays Nov 13, 20, 27

Times: 9.30am start and finish 5pm.

2. Midweek Program:

Surrey Hills (Melbourne) Oct 26, Nov 2, 9, 16

Times: 9.15am start and finish 3.15pm

Enrolment:

Places are limited so send me an email with your name and phone details and I will forward you an invoice for prepayment and any other details you need for the course – easy. Once you have paid I will hold a place for you. You can also contact me by phone on my numbers below.

Support:

Ongoing support/coaching and skills upgrade available to parents via my private practice. Counselling and Individual Family Constellations and The Work of Byron Katie is also available to parents who wish to further discover and deepen family connections.

"I look forward to sharing this wonderful program with you. To your every parenting success" Judith Richardson

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www.awakening.com.au