

TRAILBLAZING PARENTING Series  
Leadership Skills for 21<sup>st</sup> Century Families

TOPICS

*VISION: Creating a Roadmap for Successful Parenting*

In this workshop, we'll think about what kinds of skill sets our children will need to survive and thrive in this rapidly changing world, create a vision and then make plans for what we'll need to accomplish our goals.

*HAPPINESS: First, Adjust Your Own Oxygen Mask!*

We are most effective as parents when we are calm, centered, and happy. How do we get there, though? We will discuss 7 ways to take care of ourselves so that we can find our happy place...even in the midst of challenging times.

*CONFLICT: What To Do When You're Mad at Your Kids...and Vice Versa*

We're more likely to become angry with our children than anyone else in our lives...because we love them the most! We will learn the relationship between stress and negative emotions, how to effectively handle our own negative feelings, and how to help children both express their own feelings appropriately and listen to others with empathy.

*DISCIPLINE: Inspirational Leadership for 21<sup>st</sup> Century Kids*

If our children are going to flourish in this rapidly changing world, we are going to have to get totally out of the ancient punishment and reward thing. Come prepared to learn new ways of teaching your children to behave well.

*RESOLUTION: Sibs Don't Have to Be Rivals*

Most parenting experts teach how to prevent sibling rivalry, or how to ignore it. In this class, we'll get down on the floor and learn what to do in the middle of the argument to help kids of any age to resolve conflicts peacefully, and eventually all by themselves.

Beth Proudfoot, MFT, (408) 839-8634, [www.bethproudfoot.com](http://www.bethproudfoot.com),  
[beth@bethproudfoot.com](mailto:beth@bethproudfoot.com)