

‘123 Magic & Emotion® Coaching’

... a practical, enriching course for parents and carers of 2-12 year olds

Over two evenings this six hour ParentingPlus course will help you develop some very important understandings and useful skills that can be implemented immediately:

- how to sort behaviour and respond
- how to manage challenging and testing behaviours
- how to strengthen your relationship with your child
- how empathy can be used to develop your child’s emotional intelligence
- choosing your strategy, the three choices.

Course dates: Mondays 25 March and 1 April 2019
6pm - 9pm

Venue: 184 Collins St, Hobart

Cost: \$100 per person or \$120 per couple (concessions available)

To enrol: Phone 0409 971757 or register on the website www.parentingplus.net.au

ABOUT THE PRESENTERS AND THE PRESENTATION

Maxine Lowry and Gai Bath are trained teachers and counsellors with decades of experience in both fields. They have presented 1 2 3 Magic and Emotion Coaching to well over 1000 parents and carers in schools. Recent research about the developing brain shows the importance of giving children the language of ‘feelings’, which in turn helps them to manage their own behaviour. We now know that through learning to understand their emotions, we can assist children to better handle strong emotions (like anger, disappointment and frustration), be more resilient, make appropriate choices, and respond in a manner that is proportionate to any situation. 1 2 3 Magic and Emotion Coaching teaches how to achieve this in your family.

What Parents Have Said About The Course

‘very worthwhile’..... ‘not long enough’..... ‘excellent and knowledgeable presenters’.....
‘every parent should do this course’..... ‘so much great information’..... ‘You gave us
the framework and the skills to be parents more confidently, and it’s made a huge differ-
ence to the way we approach conflict. Our family life is much calmer now...mostly!!’
..... ‘You delivered the course with genuine insight and empathy, and with humour’,.....
‘I plead you never stop delivering the training, the next generation need to have these
skills to succeed’ ‘It changed our lives!’