

Parent Effectiveness Training

Sessions: The course consists of 8 sessions lasting 3 hours each - with a short break mid-way through.

Who can attend: Parents; grandparents; those working with children; in fact anyone who has a genuine interest in learning about effective communication with children!

Cost: RMB 2500 per person - which includes a workbook, textbook and certificate of attendance.



Course Outline:

Session 1: Understanding your relationships and getting familiar with P.E.T...

Session 2: Learning the helping skills so you can listen effectively...

Session 3: Putting your new skills to work...

Session 4: Being assertive when faced with unacceptable behaviour...

Session 5: Further skills to confront difficult behaviour....

Session 6: The 6 steps to resolving conflict ... without feeling like you have to “give in”...

Session 7: The 6 steps in action... including sibling rivalry....

Session 8: When values clash.....



TIME & PLACE: The Boardroom - BSB, *Shunyi*

February:

12 (Wednesday) 12:25 – 15:25

19 (Wednesday) 12:25 – 15:25

26 (Wednesday) 12:25 – 15:25

March:

5 (Wednesday) 12:25 – 15:25

12 (Wednesday) 12:25 – 15:25

19 (Wednesday) 12:25 – 15:25

26 (Wednesday) 12:25 – 15:25

April:

2 (Wednesday) 12:25 – 15:25

To book your place contact Naomi:

+86 1861 0090 164

counsellingwithnaomi@hotmail.co.uk

www.counsellingwithnaomi.com