

THE NEED

The Need for a Parenting Workshop arises when even after giving our children lots of love, care, attention and facilities, still we

■ often say to our children...

- ▶ “Why don't you ever listen to me?”
- ▶ “No excuses and arguments, do as I say!”

■ complain...

- ▶ “My child is a brat; how to discipline him?”
- ▶ “I always have to be behind her, to get things done.”

■ face **problems** on daily basis in managing and bringing up our children.

■ are **stressed** about our children being difficult, disobedient, uncooperative or irresponsible.

■ have **tension** and **unhappiness** in our relationship with our children.

We need an **effective Parenting Workshop** like VES's '**How to Make Your Children Listen to You?**' because.....

- Parenting is important and challenging.
- Love, parental instincts and usual child rearing methods may not always help.
- Such a **parenting workshop** provides **training to equip** and **empower** us with **easy-to-apply** skills to
 - ▶ improve relationships
 - ▶ raise well-behaved children
 - ▶ make parenting a joyful experience.

"The content of the workshop and the way the facilitator conducted it was excellent. The skills learnt are very easy to apply in day-to-day life. Thank you VES for providing such a life-changing experience."

Dr. Nakul Chandani, Dentist

DETAILS		
DATE		
DAYS		
TIME		



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Parenting Workshop



How to make your
children listen to you?



Vidhyanidhi
Education Society

ABOUT US

Vidhyanidhi Education Society (VES) is a renowned Govt. Regd. Institution in the field of education and training since two decades. We successfully run

- Teachers' Training Diploma Programmes
- Phonics Teachers' Training Programme
- Parenting Workshops
- A reputed Pre-primary School.

Our Parenting Workshop '**How to make your Children Listen to you?**' brings positive difference in parenting, teaching and caregiving. You should do a parenting workshop at VES because we...

- have expert psychologists, educationists, trainers and counsellors as faculty members.
- offer well-researched, systematically compiled, highly exhaustive and relevant curriculum.
- give complete theoretical knowledge and ample practical expertise.
- provide excellent and a true value-for-money learning experience.
- have already trained thousands outstanding teaching professionals.
- touch the lives of hundreds of parents and their children, bringing them happiness and satisfaction.

"Skills are really handy. I am using them and finding a big difference in the way my relationship with my child is improving. Feels really good. Thanks."

Akshit Mehta, Lecturer

WORKSHOP

The workshop has **six sessions** on relevant aspects concerned with effective parenting, teaching and care giving. Participants are trained in **easy, tried and tested, flexible** and **highly implementable 'skills'** developed by **expert psychologists, educationists, trainers and counsellors**. These 'skills' enable you to :

- communicate effectively and make children listen to you.
- help children cope with their negative feelings like fear, jealousy, disappointment, failure etc.
- express anger without causing hurt.
- get children to cooperate willingly.
- resolve conflicts effectively.
- substitute punishment.
- make children independent and confident.
- praise children so as to help them develop a positive self-image.
- free children from playing out the roles that they have been cast into.
- form happy, less stressful and satisfying relationships with children.

"I took the best decision of my life by enrolling for this workshop. I feel great when my son listens to me and cooperates. Thank you, VES."

Ritika Sinha, Dietician

SALIENT FEATURES

Each of the Six Sessions will

- be **intensive, interactive** and **interesting**.
- be conducted by a **competent facilitator**.
- not be like lectures on impractical philosophical methods.
- have a **practical approach**.
- Offer experiential learning.
- include practice of the skills through **role-playing, exercises** etc.
- consist of **audios, illustrated cartoons, real-life examples, questionnaires, practice worksheets, discussions** etc.
- provide time to **solve doubts and queries**.
- create a **stress-free group learning environment**.
- conclude with distribution of **hand-outs containing synopsis of the skills**.

Who is eligible to join?

- Mother
- Father
- Parent-to-be
- Grandparent
- Teacher
- Child caregiver/ facilitator
- Counsellor

"The sessions were so engaging. I enjoyed the role-plays. The group discussions and interactions were so informative. Highly recommended."

Anjali Sarthak, Entrepreneur