



Positive Discipline

If you are looking for support in your parenting challenges...

If you are feeling as though you are not sure of what to do in certain situations...

If you need to share some of the concerns you have about the efficacy of your parenting skills....

This workshop could bring you some answers – The workshop will give you a systematic and practical approach to your parenting that opens new avenues of interaction by:

- Helping you understand your child's behaviour
- Establishing a relation with your child based on curiosity, acceptance, encouragement and empathy
- Teaching your child how to cooperate, how to take responsibility and how to develop self confidence
- Creating an environment in which your child can learn to manage strong emotions
- Giving your child a feeling of being loved and helping them to learn how to be loving in their own developmental stages
- Helping your child learn to put words to experience and feelings

To register please send an **email to annette@trulybalance.com** with **subject: TUESDAY PARENTING**. Please include your name, age of children and the school your children attend and your cell phone number. Deposits is made after receiving the confirmation email. Remainder of the payment is made to the course leader on the first day of class.



Parenting Workshop for Parents of 6-12 yr olds

When and Where?

Workshop : 2 hours per week for 7 weeks

Dates : Mondays: **Sept.29 to Nov.24**

Time : 9h30-11h00

Place : trulyBalance, Route de Tannay 26, 1296 Coppet

Prix : SFr. 300.-/individual (book included)

SFr. 420.- /couple (book included)

Deposit: Non-refundable deposit of 50 CHF required at time of registration.

How ?

- Analysis of real life situations
- Practical and theoretical tools
- Role plays
- Exercises
- Participation

Who am I ?

Jane Pfefferlé M.A. CCADP, Counselor SGfB

Swiss of Australian origin

Mother of three sons – 27, 23 and 22, Grandmother of Nina!

Masters in Mental Health Counselling

Certified in Classical Adlerian Depth Psychotherapy

Parenting Coach certified in:

- Positive Discipline for Parents and Teachers
- STEP (Systematic Training for Effective Parenting) stepinfo.ch
- Membre de la Fédération Suisse des Formateurs de Parents (FSFP)

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www.family-counselling.ch