Bringing Calm to the Crisis Workshop
Presented by Maggie Macaulay, MS Ed

Tuesday’s:
February 23rd, 2016 & March 8th, 2016
6:00 PM-8:00PM
2901 West Cypress Creek Suite 105
Fort Lauderdale
RSVP: 954-533-0585

About The Workshop
This experiential workshop will present proven strategies for creating calm, understanding mindfulness, and accessing children’s behavior so that parents respond consciously rather than with knee-jerking reactions. Parents will learn skills to regulate themselves lovingly and self-reliantly.

Between the two segments, participants will have an assignment which will allow them to practice the concepts.

Workshop Outline

Session 1
- Understanding the concept of calm or composure
- Noticing patterns that disrupt composure
- Components of losing the sense of calm
- 12 ways to maintain and regain calm or composure

Session 2
- The meaning of discipline
- Why children ‘misbehave’
- Accessing the 4 mistaken goals of behavior
- Redirecting the 4 mistaken goals
- Effective parent-child communication