

Jen's Training Descriptions

1. Understanding the Effects of Bullying for both the Bully and the Bullied:

Explore the effects of bullying behavior, identify the issues with the bully and with those being bullied. Identify some helpful parental responses based on current research to use with their children in regards to the topic of bullying.

2. Does My Child (or family member) Have Questions About Being Gay and If So What should I Know About the Topic?

Explore the coming out stages and its effects on the individual and the family. Identify some healthy communication practices to utilize with your child (despite their age). Increase your knowledge with fact based information on the topic so that you can begin processing this experience and maintain healthy loving connections with your child (or family member).

3. Special Needs Children - Understanding Parental Grief:

Explore the experiences had by parents of special needs children. Identify the stages of grief that specifically apply to such an experience. Identify healthy ways to process the ups and downs of this experience.

4. Handling Stress and Increasing Laughter to Improve Your Health:

Identify specific practices to decrease stress both at work and home. Taking a close look at what laughter does for us in regards to improving our health. Explore the benefits to having a good laugh now and then. Identify what exactly makes us laugh and identify how to make it happen more often.

Warning: this workshop may cause unexpected laughter.

5. Developing Your Communication and People Skills:

Improve your communication practices with others. Explore ways to keep your self in check and grounded during difficult interactions. Learn the benefits of connecting with other people and identify some helpful practices when doing so.

6. 7 Learnable Skills to Build Resiliency:

We will define exactly what resiliency is and how it impacts peoples' lives. We will also explore seven learnable skills to enhance resilient characteristics in our own lives.

7. Building Self Esteem and Resiliency in Young Children:

We will explore the concept of self-esteem, identify signs to watch for in our children and identify specific parenting practices to assist in the healthy development of self-esteem. We will also explore the bio-chemical neurological description of self-esteem and identify parenting practices to activate important brain chemicals.

8. Exploring Healthy Parenting Practices:

Being a parent can sometimes be difficult, this workshop presents an overview of effective parenting practices while exploring some typical yet difficult child behaviors. We will also differentiate between punishment and discipline as it relates to the various parenting approaches.

9. What is in-utero drug exposure?

Are you caring for a child that may have been exposed to drugs while in the womb (pre-birth)? Many people are raising foster, adoptive or kin related children that may have been exposed to a substance prior to birth. Such exposure can effect how a child navigates through the various developmental stages thereby affecting several aspects of the child's life (relationships, academics, motor skills, behavior or temperament...). We will explore this topic in depth and identify some parenting practices to utilize with the child.

10. Taking a Closer Look at ADHD and Anxiety in Children:

This workshop will review the general symptoms of both anxiety and ADHD. We will explore the similarities that sometimes lead to misdiagnoses. The workshop will introduce a number of tips to address behaviors related to both anxiety and ADHD.

11. Empty Nest - What is this I'm Feeling?:

Appropriately define Empty Nest –feelings of sadness or depression experienced by some parents after a child has left the home (and sometimes experienced prior to the child actually leaving). Identify and process the stages of the Empty Nest experience. Explore some healthy practices to deal with the experience. Begin re-defining one self as well as their relationships with others.