

<p>*Communicating with Clarity</p> <p>This 90 minute session will be run at the beginning of each workshop. People who return to do other workshops in the series are welcome to attend this first session again or may elect to arrive 90 minutes after the consecutive workshop's scheduled commencement time.</p>	<p>Core session on effective communication with your teen</p> <ul style="list-style-type: none"> • Building trust and engagement • Verbal and non-verbal communication • The neurophysiology behind effective communication: How the Brain works! • The lenses through which we interpret communication
<p>The First Step to a Better Relationship</p> <p>Prerequisite: *Communicating with Clarity</p>	<p>Your first step towards engaging effectively with your teen</p> <ul style="list-style-type: none"> • Introduction to the concept of roles given and taken by a teen • Introduction to the Play of Life Methodology and Strategic Relationship Management Model® techniques • Identify the "First Step" towards better communication with your teen
<p>Achieving Goals and Objectives</p> <p>Prerequisite: *Communicating with Clarity</p>	<p>Practical strategies for helping teens identify and reach their goals</p> <ul style="list-style-type: none"> • Find the right platform for facilitating growth and change • Identify actions that move you and your teen towards and away from goals <ul style="list-style-type: none"> -Homework/Assignment Completion/Application to Studies/Exam Preparation -Tardiness/Tuancy -Time management/Procrastination -Living healthfully (eating right, exercise, enough rest and leisure time) -Saving/spending habits -Choice of friends, respect for authority/elders
<p>Re-Directing Dysfunctional Behaviour</p> <p>Prerequisite: *Communicating with Clarity</p>	<p>Helping teens identify the catalysts that trigger destructive behaviour</p> <ul style="list-style-type: none"> • Bullying: Physical, verbal abuse • Anger, violence, cruelty • Problems with authority • Addictions, Eating disorders: Bulimia, Anorexia • Chronic Depression, Suicide
<p>Supporting Teens through Critical Incidents in Life</p> <p>Prerequisite: *Communicating with Clarity</p>	<p>Empowering teens to cope with the most difficult times in life</p> <ul style="list-style-type: none"> • Drastic change in mental/physical capacity (Due to injury or chronic disease) • Divorce or separation of parents/caregivers • Death of a family member or close friend • Relocation: (Due to migration, change in financial status, displacement) • Trauma/Anxiety (Due to an accident, abuse, peer rejection, exam pressures)
<p>Finding Common Ground</p> <p>Prerequisite: *Communicating with Clarity</p>	<p>Having a united front for the wellbeing of your teen</p> <ul style="list-style-type: none"> • Negotiation skills in parenting especially in cases of divergent viewpoints • How and when to include your teen in decision making • Identify "power play" in the parent – teen dynamic • Demonstrate a united stance with clear goals and objectives for your teen • When and how to say "NO" to a teen



Dr Carlos A Raimundo M.D. MBA is a medical doctor, psychiatrist, psychotherapist, corporate consultant and the Founding Director of Active Learning Pty Ltd. Carlos was awarded the Innovators award by the ASPGP in New York 2004 for his Strategic Relationship Management Model techniques® and the Play of Life technology®. He is a visiting lecturer at Morling college, Wesley Institute, Macquarie University, Fuller Seminary and regularly speaks at National and International Conferences. Dr Raimundo's is the author of Relationship Capital, Prentice Hall, 2002.



Rosemary Ruthven-Raimundo M.S. (Literacy Specialist) is an Educator, program developer, International speaker and published Educational author. Rosemary has worked in multicultural and bilingual education in the US, Spain, Australia and Singapore. Carlos and Rosemary work as a team to promote positive individual and organizational change through training, supervision and coaching; both locally and internationally.