

# *Redirecting Children's Behavior*

## **Workshops**

1. **Balancing Work and Family**  
Learn how to nurture yourself and your family so that your family supports your work. Find the balance that creates success at work and home.
2. **Balancing Love and Discipline**  
Introduces the concept of firm and kind, unconditional love, and the value of more action and less talk.
3. **Consequences That Work**  
Introduces the concepts of natural and logical consequences and how parents and teachers can effectively use them.
4. **Creating Cooperative Families**  
Teaches how to create a cooperative family / classroom atmosphere and what to do when there's a lack of cooperation.
5. **Effective Parent-Child (Teacher-Child) Communication**  
Introduces the concepts of listening, GEMS, handling feelings and conflict resolution.
6. **Enhancing Children's Self-Esteem**  
Demonstrates 10 methods of disciplining while instilling high self-esteem in children of all ages.
7. **Getting in Step with Step-Parenting**  
Learn how to work cooperatively with your ex and peacefully blended families.
8. **Handling Aggressive Children in the Classroom, Birth through Six**  
Explores developmental and learned aspects of aggression and fifteen actions you can teach to correct this behavior.
9. **Handling Sibling Rivalry**  
There is a difference between sibling rivalry and sibling conflict. Shows how to identify and redirect each behavior.
10. **How to Turn a Terrible Two into a Terrific Two**  
Uses lots of developmental information and the understanding of the mistaken goals of power and attention to make this difficult time wonderful.
11. **"If You Don't Stop Crying..." How to Handle Children's Feelings**  
Shows the effects of feeling stoppers and feeling encouragers and how to effectively work with children's feelings in each developmental stage.
12. **"No I Won't and You Can't Make Me!" Effectively Handling Power Struggles**  
Teaches how to recognize and disengage from power struggles and how to do to lessen them in the future.
13. **"That's It, You're Grounded!": Parent-Teen Communication**  
How to effectively communicate with your teen, set clear boundaries, and understand what happened to my child!
14. **Parenting as a Team**  
Discover the underlying causes of couple's disagreements on parenting and show how to create peaceful resolutions.

- 15. Raising a Child with God**  
Shows how using the RCB principles can assist parents in the spiritual and religious development of their children, regardless of religious affiliation.
- 16. Take the Hassles out of Homework**  
Demonstrates ways to encourage and self-motivate children, reduce power struggles, and teach responsibility and goal setting.
- 17. Tame Those Tantrums**  
Teaches the concept of how less power means more. Teaches how to diagnose tantrums and prevent them.
- 18. Teaching Children Self-Control**  
Within developmental guidelines, shows how it is the parents' / teachers' job to assist children in learning how to control and appropriately express their feelings and desires.
- 19. Tell Them What to Do, Not What To Don't**  
Teach how a small shift in speech can create more cooperative, responsible children.
- 20. What to Do When Your Kids Are Testing Your Limits!**  
Shows alternatives to nagging, yelling, and threatening and teaches how to model self-control.
- 21. Asking for What You Want**  
Demonstrates how to understand and overcome this difficulty and how to successfully negotiate.
- 22. Couples Communication**  
Enhances skills to create closeness, teaches how to listen, be heard, and have fun!
- 23. Creating Teamwork**  
Teaches underlying concepts of teamwork and how to make teamwork happen at home and work.
- 24. Keeping Yourself Encouraged (and Spreading It Around)**  
Shows how to encourage yourself and those around you to achieve more in every area of life.
- 25. Resolving Conflicts**  
Demonstrates the power of conflict resolution and the skills to negotiate a win-win conclusion.
- 26. Understanding Children's Temperament**  
Explores the ten temperament qualities and how they affect children and their interactions. Introduces practical tools to teach children how to manage and utilize their unique temperament for positive results.
- 27. Bully-Proofing Your Child**  
Delivers critical skills needed for all children influenced by the challenge of bullying—the bully, the target, and the bystander. Helps parents and teachers detect early signs of bullying, gives keys to counteract the stress associated with bullying, and effective tools to create positive self-esteem.

For more information or to schedule a workshop, please call Jennifer Williams at Heartmanity 406-577-2100 or e-mail [heartmanity@gmail.com](mailto:heartmanity@gmail.com).