



the
**family
centre**

123 Magic® & Emotion Coaching



Sick of the kids arguing and fighting?

Are you yelling more than you want to?

Need strategies to manage misbehaviour when out in public?

WHAT'S THE COURSE ABOUT?

1-2-3 Magic® & Emotion Coaching is based on the principle that children's behaviour can be managed by external or 'outside in' methods or through teaching children to self-manage through 'inside out' methods. This course focuses on helping children to self-manage.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- Ideas and principles about parenting
- The patterns that develop in families and how to change unhelpful patterns
- That there are a variety of tools for changing behaviour

WHAT WILL YOU LEARN?

- Three strategies to choose from when your child misbehaves
- Three straightforward steps to: control obnoxious behaviour, encourage good behaviour, strengthen your relationship
- How your own behaviour can influence your child and how to encourage cooperation around the home
- Simple strategies to practise being a calm parent. Discover how your silence can speak louder than words

WHAT OTHERS ARE SAYING ABOUT THE COURSE

“things very well. They stopped to check that we were understanding each section. And made me feel very comfortable and valued my contributions.”

“Great course. Feeling much more confident and looking forward to implementing and to seeing results. Handbook great for note taking and referral at home. Slides were great and easy to follow. Staff helpful, respectful, patient and friendly.”

“The course was simple to follow, easy to use and implement straight away. I really enjoyed the discussion having other people's points of view.”

The course runs for three weeks for two hours each week.

COST: \$15

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to

www.thefamilycentre.org.au

Child minding is available upon request.