



Positive Discipline

A Parenting Workshop for Parents of Teens

If you are looking for support in your parenting challenges...

If you are feeling as though you are not sure of what to do in certain situations...

If you need to share some of the concerns you have about the efficacy of your parenting skills....

This workshop could bring you some answers – The workshop will give you a systematic and practical approach to your parenting that opens new avenues of interaction by:

- Helping you understand your teen's behaviour
- Establishing a relation with your teen based on mutual respect, collaboration and encouragement
- Teaching your teen how to cooperate, how to take responsibility and how to develop self confidence
- Creating an environment in which your teen can learn to manage strong emotions
- Giving your teen a feeling of being loved and helping them to learn how to be loving in their new adolescent identity
- Helping your teen become responsible adults



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When and Where?

Workshop : 2 hours per week for 7 weeks (Monday morning OR Wednesday evening. Only one of these course times will be run, based on participant registrations)

Place: trulybalance Route du Tannay 26, 1296 Coppet

Prix : SFr. 300 — /individual (book included) SFr. 420. — /couple (book included)

Deposit : 50CHF deposit is due at the time of registration, reimbursed if you preferred course day is not chosen.

RSVP: annette@trulybalance.com

How ?

- ⇒ Analysis of real life situations
- ⇒ Practical and theoretical tools
- ⇒ Role plays
- ⇒ Exercises
- ⇒ Participation

Who am I ?

Jane Pfefferlé M.A. CCADP, Counselor SGfB

Swiss of Australian origin

Mother of three sons – 27, 23 and 22, Grandmother of Nina!

Masters - Mental Health Counselling

Certified in Classical Adlerian Depth Psychotherapy

Parenting Coach certified in

- Positive Discipline for Parents and Teachers
- STEP (Systematic Training for Effective Parenting) stepinfo.ch
- Membre de la Fédération Suisse des Formateurs de Parents (FSFP)

079 606 46 05

janepfefferle@bluewin.ch

