



Positive Discipline

A Parenting Course 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 course 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

To register send an **email to annette@trulybalance.com with MONDAY PARENTING in the subject line**. Please include your name, age of child(ren) and the school your children attend. Payments are made to the course leader on the first day of class. Cancellations are accepted until Oct.1st. After this date you will be charged the full amount of the course.



Parenting Course for Parents of Teens

When and Where?

Course : 2 hours per week for 7 weeks

Dates : Mondays 7, 14 Oct. and 4, 11, 18, 25 Nov. and 2 Dec.

Time : 9h00-11h00

Place : trulyBalance, Route de Tannay 26, 1296 Coppet

Prix : SFr. 300.- /individual (book included)

SFr. 420.- /couple (book included)

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)

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