

SmArts for Well-Being - Parents and Tweens

Two-part Workshop

Current Challenge	Results of the SmArts Program
Well-being of parents and teens (anxiety, bullying, perfectionism, lack of resilience)	Increase parent wellness which is the key to teens' success.
Little understanding of the teenage brain Social and emotional skill building needed	Understand the uniqueness of the teenage brain. Learn practical social and emotional skills. Parents and teens learn the same tools at the same time to facilitate support.
Stress levels are high in teens and parents (distractions, workload, demands)	Lower stress and build connections with practical tools for busy people.
Home culture can feel negative	Nurture an emotionally positive and stable home environment providing a clearing for learning, growing and connecting.

What Participants Will Do:

Experience learning through games and conversation. Engage in individual and cooperative activities to **build social/emotional learning skills** and community. Learn these essential tools with your children and transform your home.

Concepts include:

“Separate the Meaning” Detach the meaning from the event so it loses its grip.

“Make it Right Formula” Re-establish relationships so they work.

“Through Your Lens” Assimilate perspective training to eliminate the emotional reaction and respond thoughtfully instead.

“Growth Mindset” Learn the value of a growth mindset. The language of “not yet” is critical to embrace for success. Effort is needed to reach one’s potential. Resilience brings success.

“Responsibility = Freedom” Own the problem and watch things “work.”

“Goal Setting” Set your own goals through a unique exercise in goal setting. Having a goal keeps us on track and gives us incentive to fight distractions and keep a positive mindset.

Two Evenings, 2 Hours Each
Call to book your training today.



Margaret Boersma OCT
Expert in SEL & Communication
mb@margaretboersma.com
Phone: 647 881-6958