

MOTIVATION MATTERS - POST COVID



"Parents are a child's first and most important teacher"

HOW TO TALK SO KIDS WILL LISTEN

Many adults and children have understandably struggled with staying motivated over the course of the last year: whether that's being motivated to work, exercise, stick to a routine, connect with others etc. Parents find themselves nagging, repeating, justifying, lecturing and reminding. Many children just zone out and ignore their parents repeated requests, especially having spent so much time together during lockdown, This session explores how parents can reset in preparation for transitioning back to normality and talk to any age child in a way that encourages them to be motivated, co-operative and fosters a growth mind-set. At the same time, building a positive bond to boost a child's confidence and self-esteem, so they are resilient and ready to interact with the world. We will share common sense communication skills that you can apply to any relationship, whether it's friends, family or work colleagues.

SESSION OUTLINE

- The importance of good self-esteem post Covid-19
- What parents normally do that doesn't motivate
- How to descriptively praise and nurture a 'growth mind-set'
- Qualities to notice
- Other ways of being positive

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Opportunity to ask questions

RACHEL VECHT (FACILITATOR)

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. Over the past 20 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools, offers one-to-one consultations to parents globally and comments on parenting for the media.