



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

Parents can prevent themselves from unconsciously imposing/reinforcing gender stereotypes on their children. In today's world more than ever, it's important to bring children up in a more empowering, gender-neutral environment. But what does that look like? In this session, we will discover how to broaden the opportunities for personal growth for all children by removing the barriers of gender stereotypes in this interactive and engaging session.

SESSION OUTLINE

- How gender stereotypes/unconscious bias are developed and perpetuated through one's upbringing.
- How gender stereotypes effect a child's psychological and physical well-being
- How to recognise one's own unconscious bias and challenge its validity.
- How to play differently
- How to encourage values over social pressure
- Managing judgement from other adults
- Remove limiting beliefs

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Open forum for questions and discussion

GWEN JONES (SPEAKER)

Gwen studied Psychology at the University of Utah with a focus on child and adolescent development. She trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK at the primary and secondary levels. She is a psychotherapist and parent coach working with both children and parents in that capacity. A mother of 4, she is very active in her children's schools serving as a volunteer, Rainbow leader and chair of the PTFA. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights & Animal Conservation.