

Motivation Matters

How To Talk So Kids Will Listen

Parents often find themselves nagging, repeating, justifying, lecturing, and reminding. Many children just zone out and ignore their parents' repeated requests. This session explores how parents can talk to any age child in a way that encourages them to be more motivated, cooperative and foster a growth mindset. Building a positive bond between parent and child will also help to encourage good behaviour and boost a child's confidence and self-esteem. This is actually about 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

Evaluative praise

How to descriptively praise and develop a 'growth mindset'

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



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally.

She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.