

WORKSHOPS

Choose one 90-minute workshop to attend:

1) **Letting Teens Drive the Bus**

Audience: Middle school and high school parents

Teaching kids to drive a car is nerve-wracking enough, but what about helping them navigate their own lives? We call that “driving the bus” and our mission is to help teens develop personal agency and take ownership over themselves and their time. This workshop is designed to help parents put the concept of “raising self-driven teens” into real world practice.

Workshop objectives:

- Letting go and letting teens develop personal agency
- Adopting the consultant role with teens
- Creating personal boundaries in parent-teen relationships
- Fostering responsibility in teens

Presenters: Katy Burke, Alison Snieckus, Princeton Learning Cooperative

2) **Building Better Relationships Through Conscious Communication**

Audience: Elementary school, middle school and high school parents

Do you feel stuck in your relationships? Do you have the same argument over and over? Are you looking for new ways to connect with your partner or child? The Imago Relationship Tools provide a safe and structured environment to allow each individual to be seen and heard. During this abbreviated workshop you will learn new ways of talking and listening, and build new understanding of the dynamics in your relationships.

Workshop objectives:

- Will clearly show the steps necessary to increase safety in communication and reduce emotional reactivity in self and others
- Will educate, demonstrate, and allow time to practice essential relational tools that will help resolve conflicts, and move you to a higher level of functioning
- Learn and practice new skills for being fully present in all relationships

Presenter: Kelly McElvaine, LPC

3) **Tastes of Conscious Leadership Tools for Parents**

Audience: Middle school and high school parents

Join Romy for an introduction to conscious leadership tools to radically support you in your parenting, professional and personal life. In this workshop you will, learn specific tools and practices to support your ongoing growth as a conscious parent and empower you as you hold space for your children and everyone in your life in a more mindful way.

Workshop objectives:

- You will have fun exploring the behaviors that cause drama
- Learn how to build trust and create a conscious culture
- Experience how a common language can help you and your children learn tools to change the culture of your relationships
- Learn and practice the 100% responsibility commitment and the drama triangle
- Start applying these easy tools immediately to create SHIFTS in your life

Presenter: Romy Toussaint, Romy Yoga

4) Back to Basics: Raising Balanced Children in An Unbalanced World

Audience: Elementary school, middle school and high school parents

Parents want the best for their children, but sometimes "the best" is too much. Children are pushed to do and be more, pressured to excel in all aspects of their lives. The entire family is affected. Dr. Berness and Dr. Helmrich will discuss the importance of a healthy family dynamic, development of appropriate coping skills, and the need for resilience. Tools based on current research and practical experience will be presented.

Workshop objectives:

- Help parents assess and recognize their own stress levels.
- Help parents assess their children's stress levels and overall mental health more accurately.
- Provide strategies to improve resiliency in everyday life and during times of stress or conflict for both children and their parents.
- Provide clinical examples of what children and adolescents are experiencing in their daily lives, with parenting strategies for supporting them.

Presenters: Laura Berness, Ph.D., Stepping Stones Psychology Services of Princeton and Robert Helmrich, M.D., Princeton Nassau Pediatrics

5) Wired 24/7: How Technology is Affecting Kids' Brains and Development

Audience: Elementary school, middle school and high school parents

Today's children and teenagers spend enormous amounts of time using technology. This talk will summarize what is known about how media and devices are influencing children's development as well as the functioning of their parents and families. This workshop will also touch on topics related to Internet safety.

Workshop objectives:

- Advice for parents in supervising their children's technology use
- Strategies for helping kids become responsible users of the technology they love

- Tools children and families can use to offset the negative impacts of extensive technology use

Presenter: William Stixrud, Ph.D., Keynote speaker

6) **Fostering Intrinsic Motivation in Teens**

Audience: Middle school and high school parents

Join our keynote speaker for a neurological and emotional understanding of intrinsic vs. extrinsic motivation. What helps, what hurts, and how parents, teachers, and other professionals can enable kids to develop the drive to pursue their own success in school and life.

Workshop objectives:

- How experience can wire kids to be intrinsically motivated
- What parents can do that helps (and surprising things to avoid) kids become self-driven
- How to talk to kids so they don't resist what's in their own best interest

Presenter: Ned Johnson, Keynote speaker

7) **Introduction to the Nurtured Heart Approach**

Audience: Elementary school, middle school and high school parents

The Nurtured Heart Approach® (NHA) is a relationship-focused methodology founded strategically in “The 3 Stands™” for helping children (and adults) build Inner Wealth™ and use their intensity in successful ways. It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. The essence of NHA is a set of core methodologies originally developed for working with the most difficult children. It has a proven impact on every child, including those who are challenged behaviorally, socially and academically.

Workshop Objectives:

- Explain why conventional methods of parenting, therapy and teaching often fail with intense children, despite the best of intentions.
- Shift a challenging child to using his or her intensity in successful ways, even if the child is diagnosed with ADHD, ODD or exhibits other difficult behavior.
- Apply the core methodologies of the Nurtured Heart Approach to build Inner Wealth™ in all children and create a richer social-emotional environment.

Presenter: Christine Abrahams, Ed.D., Hopewell Valley Regional School District

8) **A Student's Perspective**

Audience: Middle school and high school parents

Hopewell Valley Central High School student panel will share their perspectives on academic, social and personal experiences. Topics covered will include drugs/alcohol, time management, mental health, teen sexual activity and after school activities.

Workshop objectives:

- Understand what HS life is like from a student's perspective
- Learn what kids are actually doing as it relates to drugs, alcohol and sex
- Learn ways to talk to their children about personal as well as academic topics.

Presenters: Hopewell Valley Central High School students

Facilitator: Jonathan Woods, LCSW, *Comprehensive Mental Health Services*

9) How to Support our Student Athlete to Maximize Performance and Fun

Audience: Middle to High School

We will explore the current state of youth athletics and talk about the roles that parents play in supporting and encouraging our children's efforts. We will define the "end game" so that families can be educated and informed consumers in the sports arena. We will provide a resource for parents to help clarify the management of their children's youth athletic career. Finally, we will help to bring the fun back to the game for our kids and their families.

Workshop Objectives:

- Parents will come out of this workshop with factual evidence to help them become educated consumers in support of their children
- Parents will have a resource to ask questions and get support for the challenges that they face in having a youth athlete
- We will explore youth athletics from a developmental perspective to best encourage growth for our young athletes.

Presenters: Stacy K. Hunt, Ph.D. and Robert Tuckman, M.A., Ed.S., *Newtown Sport Performance and Psychology Center*

10) Building Emotional Resilience in Children

Audience: Elementary school and middle school parents

Learning to work through difficult emotions, such as frustration, disappointment, and worry, does not come easy to kids. Through this workshop, parents will learn strategies that will help their children express and cope with these emotions more effectively. Parents will also learn how to take care of themselves and support each other during these challenging moments.

Workshop Objectives:

- Parents will learn skills to help them communicate more effectively with their children when they are upset, frustrated and/or worried.
- Parents will learn relaxation strategies and cool down techniques that they can then teach their children to use in these moments.

Presenter: Julia Paul, LCSW, *Comprehensive Mental Health Services*

The Hopewell Valley Parenting Conference is a partnership between the Hopewell Valley Municipal Alliance, the Hopewell Valley Regional School District and the Hopewell Valley Education Foundation