



Game Change: Move from “Enabling” to “Empowering” Your Children

We all want to see our children reach their full potential. They need our help, but sometimes, we don't know when or how to step aside and let them take over. In this course, parents will learn how to set their children on a course of self-discovery that encourages them to rise above their challenges and set goals for themselves and, ultimately, empowers them to pursue their goals with confidence and anticipation of success. We will discuss these elements:

- ❖ Establishing a healthy and supportive parent-child relationship that facilitates effective coaching and encouragement of the child's growth and development.
- ❖ Exploring the child's interests, strengths, and challenges.
- ❖ Encouraging growth by creating opportunities for the child to build skills, demonstrate strengths, and overcome obstacles on the road to increased self-confidence, self-esteem, and self-advocacy.
- ❖ Fostering good habits, self-discipline, and responsibility in children.
- ❖ Teaching children how to define success, measure their performance, and ultimately, take pride in their accomplishments.