

Positive Discipline Roots Series

Monthly gathering to reinforce and deepen Positive Discipline practices



Finally, a way for Positive Discipline parenting practices to take Root!

Join like-minded parents to refresh your Positive Discipline perspective, and get support with parenting challenges through discussions and experiential activities. This monthly class is open to all who have recently read one of Jane Nelsen's "Positive Discipline" books or taken the 7-week (or equivalent) Positive Discipline class.

Dates & Topics:

- September 19th *Foundations of Positive Discipline: Core principles and Adlerian Psychology*
- October 17th *The Belief Behind the Behavior: going deeper with the mistaken goal chart*
- January 16th *Parenting from the Inside Out: discover how our own beliefs and personality traits can be helpful in parenting. . . or not!*
- February 13th *Flipped Lids, Self Care, and the Power of Perspective: staying cool, calm, and curious in the face of really annoying behavior*
- March 20th *Motivation: understanding key drivers of intrinsic motivation and how to foster them*
- April 10th *Resilience: more on encouragement vs. praise, and fostering a "growth mindset"*
- May 15th *Bringing it all together with Family Meetings: do's and don'ts, practice, and Q&A*

When: September 19th, October 17th, January 16th, February 13th, March 20th, April 10th, May 15th from 7:00 – 8:30 pm

Where: St. Paul Lutheran Church. 1658 Excelsior Ave., Oakland

Cost: \$150 for series; \$25 drop-in

To Register: Send in bottom of form or register & pay on-line at

<http://lisafullercoaching.com/payonline>

QUESTIONS: lisa@lisafullercoaching.com or MarcilieSmithBoyle@gmail.com

FACILITATORS: Lisa Fuller and Marcilie Smith Boyle

Make check out to *Lisa Fuller*, mail to 4200 Park Blvd. #237 Oakland, CA 94602. Please write clearly

Name & Address: _____

E-mail address: _____