

Structuring Your Child's Time

Synopsis:

This workshop is designed in helping parents create structure in their children's lives. Schedules and routines are important for children and they teach children vital skills in time management, self-control and discipline.

Come and learn about

- Explore the make-up of a balanced schedule for your children
- Parents' role in forming a structure
- Learn how to involve your children in the planning process
- Understand how to work with your children to monitor the efficacy of planned schedules
- Gain ideas of how to make full use of the school holidays
- Common mistakes to avoid



About the Trainer:

Michael Holds a B.A. in Counselling Psychology. He is a Reality Therapy Certified (USA), Certified Behavioural Consultant, Life Changes and Living Values Educator. He has received training in experiential based learning, Casework for Youth At Risk, Basic Mental Health, Community Counselling. Michael has 18 years of experience of working in Social/Human Services where he is engaged by both Community Services Organisations and Training Consultancy Companies as an Associate Trainer/Facilitator, Coach and Resource Speaker. He is actively involved on conducting programmes for Singapore Prisons Services and MCYS. He also delivers talks and workshops on Parenting, Marital Life, and Support & Motivations for Youth and Work-Life Harmony.

Jointly Organised & Supported By:



Our Values

Respect ❖ Responsibility ❖ Resilience ❖ Integrity ❖ Care ❖ Harmony