

### About the Life Institute of Family Education and its Presenters:



LIFE was founded by Dr Julie Rosengren to provide parents, carers and employees with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE consultants have been delivering innovative parenting, caring and working seminars to corporate, government, schools, day cares and individuals since 1999 and consulting specifically on family issues since 1994.

**Dr Julie Rosengren** is Founder and Managing Director of LIFE. She is an Education Consultant with 20 years experience in researching, writing, training and coaching. She has worked across a range of industries including financial services, banking, law, construction, engineering, mining, retail, health, government, recruitment and many more. She is the mother of three children, and is from a family of 11. She also speaks three Asian languages and has had extensive experience working in Asia. Julie developed the 'parenting', 'caring' and 'working' seminars based on her doctoral research in emotional intelligence, her experience as a mother and aunt to over 50 nephews and nieces, and great aunt to many, and her love for children's stories, activities and play.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)



**Rebekka Tuqiri** is a Registered Psychologist working in private practice and at the Health Psychology Unit at the Royal North Shore Hospital, NSW. She works with adolescents and adults and runs cognitive behaviour therapy groups focusing on stress, anxiety, depression, anger, and self-esteem. She is a mother and given this new role has now turned her interest to supporting parents in the challenges of parenthood.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

**Donna Pettigrew** is a Registered Nurse with over 20 years experience. Whilst working in a variety of medical fields, her specialties are geriatrics, cardiothoracic (medical and surgery), cardiac rehabilitation and health promotion. Donna's passion is for people to age well, with choice and respect. For the past 4 years she has managed a large aged care facility in Chatswood, Sydney. Donna is married to Andrew, and they have four children. Her work and large extended family, has provided her with vast health and relationships experience.

Professional Qualification: Registered Nurse (QLD, NSW) Cert. C.T.

**Tracy Tresidder** is a professionally certified executive, family and life coach with the International Coach Federation. Australasia and was named the 2009 NSW ICF Coach of the Year. She has a wealth of knowledge and communicative skills acquired through her background in teaching Physical Education, Health and Personal Development to both adults and children across the public and private sectors. Tracy is also the mother of two adult boys. Her doctoral thesis is on the positive changes that occur in parent/teen relationships due to participants' engagement in a parent coaching program.

Professional Qualifications: B.Ed (Wollongong) M.Ed (Syd Uni) Prof.Dev Cert in Coaching Practice (Syd. Uni)

Brisbane based

**Rita Princi** is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts seminars on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

**Annette Mutimer** is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

**Kathleen Ellerman-Bull** has worked with children and young people and parents throughout her professional life. This has included study and work with indigenous families as well as working with clients from a large range of different cultures. Kathleen is a member of two APS Colleges: Counselling Psychology and Health Psychology. She has worked as a psychologist with young offenders, as Director of Student services at University of Southern Queensland for 16 years and was Director of Counselling Services for Kids Helpline and Parentline. She also held the position of Manager of Clinical Practice for BoysTown Services.

Professional Qualifications: BA (Dist), M.Litt., M App. Psych., MAPS Psychologist

**Diane Neve** is a Registered Organisational Psychologist who has specialised in the area of Training and Development for over 20 years. Diane has two daughters and her experiences as a mum have helped her consolidate and transform the psychological theory she has worked with into a clear understanding of the challenges that parents face in day to day life.

Professional Qualifications: BA hons (UQ), GDip (USQ)

**Dr Sheena Males** trained in London as a medical doctor and worked for 10 years as a General Practitioner. As a mother of four girls ranging in age from 5 to 14, Sheena knows first-hand the challenges and joys of parenting. Fortunately, her medical background and additional training in Solution-Focused Therapy, Non Violent Communication and Appreciative Inquiry have equipped her well, allowing her to provide unique insights in her work with parents. Sheena has worked in Australia as well as the UK, and lives in London.

Professional Qualifications: MB,BS (London), MRCPG (London)

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## Parenting for the Early Years: 0 - 5 Years

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#### Seminar outline

*If you are a parent to young children, about to take the plunge into parenthood, or are involved in raising young children, then this seminar is for you. With a focus on the early years, birth to five years of age, this seminar will provide you with a toolbox of knowledge and skills that can be applied easily and readily to help promote healthy growth and development of young children and build strong foundations for happy family relationships.*

#### The seminar will cover the following areas:

**Emotional development** – Through learning about how children develop from birth to age five, participants will gain an insight into how to manage expectations of their children and create an atmosphere of empathy and love.

**Directing behaviour** – Explore familiar child-parent interactions in a realistic and honest context and develop an awareness of how rewards, consequences and punishment - if used with poor knowledge and skill - can lead easily to bribery and threats.

**Managing family stress** – Learn how to be an optimistic parent by being conscious of what you say and do; learn the magic trick of giving instructions in a positive way by understanding the subconscious drivers of behaviour.

**Understanding feelings in the family** – Gain an understanding of why a vocabulary of feelings is such an important gift for your child; how reading your own feelings can help to work out what's going on with your child; how temperament can make you smile or drive you crazy; and parenting style - the key to harmony.

**Work/Life/Family balance** – Participate in an exercise on work/life/family balance, which will demonstrate the importance of striking and maintaining a balance in life.

Participants will receive a workbook with the content of the seminar as well as tip sheets on topics, such as sleeping like a baby, crying to communicate, tackling tantrums, establishing healthy eating habits, the new parent, love, the balancing act, biting, smacking, and aggression.

In addition, a list of children's books will be included, providing useful tools to help parents teach children about social/emotional issues at their level. A list of useful telephone numbers and websites for parents and carers will also be included.



## Parenting for the Primary Years: 6 - 12 Years

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#### Seminar outline

*If you have a primary school aged child, or a child moving into this stage, or are involved in raising children of this age, then this seminar is for you. You may be struggling with issues such as sibling rivalry, motivation in areas of health, homework and household chores, your child's friendship squabbles, or are simply interested in ways to raise a child who can make morally informed choices in life, then this seminar will provide you with the practical knowledge and skills to make life easier and more enjoyable for the whole family.*

#### The seminar will cover the following areas:

**Emotional development** – Through learning about how a primary school aged child develops psychologically, participants will gain an insight into the importance of teaching values and raising children to make morally informed choices in life.

**Raising motivated children** – Explore ways to motivate children by looking at opposing views based on fear or trust. Learn how to develop a number of personal attributes in children, such as self-confidence, perseverance, resiliency, accountability and adaptability. Apply this to practical issues such as health, homework and housework.

**Managing family stress** – Learn how to be an optimistic parent by being conscious of what you say and do; learn the magic trick of giving instructions in a positive way by understanding the subconscious drivers of behaviour.

**Teaching children to make and keep friends** – Participate in some realistic role plays that cover the social and emotional rules of making and keeping friends during specific interactions, such as sharing, playing games and chatting. Developing strategies to deal with bullying will be covered in this section.

Participants will receive a workbook with the content of the seminar as well as tip sheets on topics, such as aggression, back chatting, bullying and teasing, empathy, family meetings, friends, gender rules, homework, lying, motivation, peer pressure, pocket money, sibling rivalry, study habits, swearing and TV/screen time. In addition, a list of children's books will be included, providing useful tools to help parents teach children about social/emotional issues at their level. A list of helpful telephone numbers and websites for parents and carers will also be included.



## Parenting Teenagers: 13 - 18 Years



## Webinars

### Parenting Teenagers: 13 - 18 Years

#### Seminar outline

*If you are a parent of a teenager, have a child entering this often tumultuous stage, or are simply interested in why teenagers behave the way they do, then this seminar is for you. Gain an insight into the workings of a teenager's mind and develop strategies to encourage positive interactions. Learn the importance of balancing the need to let go and the increasing influence of peers whilst at the same time setting boundaries and maintaining the family bond.*

#### The seminar will cover the following areas:

**Emotional development** – Through learning about how a teenager develops psychologically, participants can gain an insight into how to manage their expectations effectively especially around issues such as independence versus boundaries and peer influence versus parental involvement.

**Communicating with your teenager** – How you talk and listen to your teenager will affect the way they behave, how you interact as a family, how conflict is dealt with, sibling rivalry, peer influence, school work and much more. Giving and receiving feedback is a practical process that can be learnt to make communication so much easier at this often difficult stage.

**Managing family stress** – Explore subconscious processes such as perceptions, beliefs, expectations, habits, values, feelings and self-talk. Look at how these interact with a teenager's developing sense of self, peer influence and core family values. Strategies to deal with Internet safety and drugs will be covered in this section.

Participants will receive a workbook with the content of the seminar as well as tip sheets on topics, such as aggression, back-chatting, friends, gender rules, listening, lying, motivation, personality, TV/ screen time, managing higher school certificate stress, and much more.

In addition, good books for teenagers will be recommended, providing useful tools to help teenagers manage the myriad of social/ emotional issues at their level. A list of helpful telephone numbers and websites for parents and carers will also be included and cover areas, such as safe use of the internet, schoolies and depression.

#### Feedback from past participants:

*Almost 100% of participants across all workshops rated the parenting programs as good/excellent. Here's what some of them said.*

*"I will most definitely be recommending this workshop."*  
Hudson, Sydney

*"I feel more confident dealing with things as they arise."*  
KPMG, Birmingham UK

*"I thoroughly enjoyed the workshop and feel that it will benefit my family greatly."* Goldman Sachs, Melbourne

*"Very positive session for IAG staff and definite benefit for family and therefore work performance."* IAG, Melbourne

*"I found the workshop to be very motivating and encouraging."* Ernst and Young, Melbourne

*"I loved the positive parenting and found it very useful information. It is something we never have a chance to learn in our life or at school."* Westpac, Sydney

*"Great course. I highly recommend it."* Fairfax Media, Melbourne

*"I learned some great strategies to deal with my toddler."*  
Laing and Simmons, Sydney

*"It was well delivered under tough circumstances with four young children present. Really informative."* Diageo, Sydney

*"The information was invaluable and enlightening."* Souths Rugby league Club, Sydney

*"Really enjoyable. Relaxed but presented with passion."*  
State Street, Sydney

*"I loved how animated the facilitator was in acting out scenarios."* Manchester Unity, Sydney

*"Good ideas and techniques to think about and work on."*  
KPMG, Sydney

*"Excellent presentation. Quality presenters and informal setting."* CBA, Sydney

*"All of the content was invaluable today."* Ernst and Young, Adelaide

*"The information reinforced the importance of being positive."* IAG, Brisbane

*"It gave great examples of good parenting and raises awareness of oneself and how to shape the future of my child."* KPMG, Canberra

### Webinars

Webinars are seminars over the web. As long as you have access to a computer and the internet, you can participate in a webinar. LIFE offers webinars to families and organisations on a broad range of topics of interest to parents, carers, teachers, managers and employees.

#### Benefits of Webinars:

There are many benefits of webinars. Webinars are:

- Interactive as participants can ask questions;
- Flexible as anyone can participate anytime and anywhere as long as they have access to a computer (currently available at workplaces, schools, libraries, councils and in many homes) and the internet;
- Dynamic as delivery of information is based on current research and events;
- Cost effective as there are no expenses associated with venue hire, travel, accommodation and printing for both presenters and participants;
- Diverse as presenters and trainers are sourced from a large pool of talent;
- Time efficient as participants can access them closer to home saving on travel time.

#### Webinar topics:

**Caring for the Parent/Carer** - Transitioning back to work after parental leave, Managing Work and Family Stress, Stop screaming at the children and dumping on your family, Positive involvement in the school, Strategies to get adult kids out of the house!

#### Parenting/Caring for children

**For young children 0 – 5 years** – Dealing with Aggression in children, Tackling Tantrums, Establishing good sleeping habits for the whole family, Healthy eating for the whole family, Reducing personality clashes in family dynamics, Keeping children safe, Helping children to cope with fears and nightmares.

**For primary children 6 – 12 years** – Strategies to deal with bullying, Making and keeping Friends, Coping with Homework, Building resilience in your child, Your child's moral development, Managing Screen time.

**For Teenage children and Young adults 13 – 25 years** - Educating parents and their teenage and adult children about the dangers of Drugs, Establishing good study habits for high school, Motivating your teenager, Managing HSC Stress, Safe use of the internet, Career transitioning.

**Resilience** – Striking a healthy Work/Life/Family Balance, Dealing with bullying at school, Parenting in culturally diverse families, Coping with grief, Helping a depressed or anxious family member/friend, Moving with children, Making a smooth transition to parenthood, Separation, divorce, step families, Sibling rivalry, Parenting a shy child, Finding other strategies to manage children's behaviour.

**Ageing** – Transitioning to retirement, Caring for an ageing loved one, Aged care options, Moving a loved one to an aged care facility.

**Work/Life Balance** – Managing flexibility for managers, Managing flexibility for employees, Personal Resilience at home and work, Coaching others for greater resilience at home and work.

**Recording of Webinars:** If a participant cannot attend a webinar, they can view the recording of it at their leisure on the member's lounge of the Life Institute website.

#### Webinar feedback:

*"It was enjoyable and useful."* CBA

*"As this was my first time using such technology I found it very good and enjoyed the experience. Thank you."*  
Stocklands

*"Informative, practical and well presented - a worthwhile investment of time in attending, thank you!"* PWC

*"Extremely useful content. Will be visiting website."* Qantas

*"Keep them coming to CBA staff! Very useful and pertinent".* CBA

*"A great way for working parents and carers to participate in learning."* GSK

*"The webinars are fabulous topics."* KPMG

*"I learnt a lot about aged care options."* Middletons