



## Helping My Children Become Themselves

*Discover what fosters the development of a child's unique personality and your potential as a parent*

### **BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP**

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- A better understanding of your children and of their needs, and, in this way, foster their development.
- Significant improvement in your relationship with each child.
- Understand the cause of certain behaviours in order to manage the difficulties encountered.
- Enable each child to find their place in the family and their actual environment

### **WORKSHOP OUTLINE**

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This workshop enables you to observe all the stages of a child's life, from their first years until adulthood.

- *Part 1 – My influences*
  - The persons to whom I refer interiorly
  - My ideas, hesitations, doubts, and questions concerning education
- *Part 2 – Aspirations and needs*
  - The potentialities and aspirations of my children
  - Their need to be loved for themselves
  - Their need for security
  - Their need to be respected at each stage of growth
  - Their need for learning
  - Their need to be helped to become themselves
  - Their need to be accompanied when they are hurting
  - Their need for a parent-child relationship
- *Action plan and final inventory*
  - Assessment of my strong points and weak points concerning education and my responsibility as parent

### **WORKSHOP PROCESS**

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This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

### **CONDITIONS FOR PARTICIPATION**

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This workshop is open to all parents regardless of their children's age (and also to grandparents who want to look at their relationship with their grandchildren). The workshop is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.