

Whole Hearted Parenting



GUIDE TO

SEMINARS

www.WholeHeartedParenting.com

Table of Contents

Table of Contents	2
Greetings!	3
Seminars for Parents and Educators.....	4
Seminars for Children and Teens	9
Seminars for Organizations.....	10
About Your Instructor	11

Greetings!



Thank you for your interest in seminars with Whole Hearted Parenting. All of our programs are content-rich, fun, engaging, and interactive. Participants leave with new skills and new understanding that can be put into practice immediately. Whether you are a parent, an educator, or a member of an organization, our workshops will provide skills to increase your level of cooperation, team, and connection.

Each participant receives course materials as well as resources for continued learning. There is always time for questions and answers. All workshops are 1½ hours long unless otherwise noted.

Our workshops for children teach invaluable life skills that enhance their relationships with family and friends.

Please [contact us](#) to schedule a seminar for your group! With almost fifty seminars available, we are sure to have one that meets your needs. If not, we are happy to create one especially for you!

Seminars for Parents and Educators



Balancing Work and Family

Learn to nurture yourself and your family so that your family supports your work

Balancing Love and Discipline

Explore the concepts of firm and kind, unconditional love, and the value of more action and less talk

Becoming a More Encouraging Parent

Learn the difference between encouragement and praise; how to inspire through what you model as well as the words you use and the thoughts you think; and how encouragement creates connection

Creating Cooperative Families

Learn to create a cooperative family and/or classroom atmosphere and what to do when there is a lack of cooperation

Effective Parent-Child Communication

Engage in the concepts of listening, Genuine Encounter Moments (GEMs), handling children's feelings, and conflict resolution

Enhancing Children's Self-Esteem

Learn nine powerful and positive methods for disciplining while instilling high self-esteem

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Creating a Cooperative Classroom

Employ your understanding of children's needs, developmental information, communication, and the four mistaken goals to create a highly connected, cooperative classroom

Creating the Terrific Two's

Use current developmental information and the mistaken goals of power and attention to make this challenging time wonderful

Enjoying the Teen Years: Effective Parent-Teen Communication

How to effectively communicate with your teen, set clear boundaries, and understand what is happening with your child's developing brain

Family Meetings: Their Importance and How You Make Them Fun

Keep the fun in family meetings and learn the elements of successful meetings so that they become the glue that connects everyone in your family in a supportive way

Hitting, Biting, and Kicking! Teaching a Better Way

Identify the underlying reasons for aggressive behavior, the impact of encouragement on children's needs, and ten ways to make the shift from physical reactions to greater understanding and more empathetic communication

Hurry Up! We're Late! Slowing Down to Be on Time

Be on time while avoiding power struggles and increasing mindfulness

I Don't Want to and You Can't Make Me! Effectively Handling Power Struggles

Learn how to recognize and disengage from a power struggle and what to do to lessen them in the future

Keeping Yourself Encouraged and Spreading it Around!

Learn how to encourage yourself and those around you to achieve more in every area of life

Kids and Electronics: Best Practices

The impact of electronics – cell phones, laptops, and video games – in your children's lives is immense, and in this seminar we explore that impact and the best practices so that your child's use of electronics is not a cause for concern or a power struggle trigger

Let's Talk! Creating a Warm Environment for Family Conversations

Learn how to ask the questions and create the environment for rich family

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conversations and great memories the go way beyond “How was school today?”

Letting Kids Fail

This seminar may cause a shift in how you view success and failure and may reduce the stress in your family over grades, homework, tests, sports, and competition

Making Peace with Sibling Rivalry and Fighting

Learn to constructively handle and understand rivalry and fighting so that there is more peace at home and so that your children have the skills to peacefully handle conflict in all of their relationships

Making Team Work: Increasing Cooperation and Embracing Responsibility

Learn to inspire your children to embrace responsibility – to see cooperation and responsibility as fun and valuable rather than drudgery

Making the Nature-Kid Connection

From better vision to reduced stress, the nature connection is important for all of us – especially for young people – and this seminar is all about inspiring children to make that connection

More Success with Less Stress: Strategies for Single Parents

From building a support network to nurturing self-care, this workshop will provide single parents with tools to create their village

Parenting as a Team

Discover the underlying causes of couple’s disagreements on parenting and how to create peaceful resolution

Parents as Peacemakers: Disciplining Peacefully, Respectfully, and Effectively

Parents really are peacebuilders, and children learn all they know about peace at home – learn how to model peace through respectful discipline

Peacebuilding in Schools

With many resources provided, we explore the meaning and history of peacebuilding along with examples and experiences to implement in the classroom

Peaceful Conflict Resolution

From our “problem handling model” to nine ways to resolve conflict with mutual respect, this seminar will provide life skills that will influence your children and their relationships throughout their lives

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Regaining the Joy of Parenting

Somewhere along the line our level of joy in being a parent became dependent upon our children's behavior – learn to regain your joy no matter what your children are doing

Shifting the Bully-Victim Paradigm

Discover the keys for making the shift from bully-victim to equitable relationships while looking at the underlying causes of and paradigms around bullying

Taking the Hassles Out of Homework

Lessen the power struggles, teach responsibility and goal setting, and demonstrate ways to encourage self-motivated children

Talk so that Children Listen

We provide you with the specifics on how to talk to children so that they (and everyone!) will listen – including easy shifts in the words you use; active listening; creating empathy; and the impact of your tone of voice

Talking about Adoption

From the language of adoption to the concepts of secrecy and privacy, we will explore how to speak about adoption with others and with your children

Teaching Children Self-Control

Within developmental guidelines, we investigate how to assist your child in learning how to understand, regulate, and express their feelings and desires

Teens: Reduce the Stress and Envision the Future

Identify the root of teen stress and twelve positive ways to guide your teen to shift their response to stress so that they experience greater serenity

The Cooperation Project

Up the cooperation in your family through guided practices and a deep understanding of the components of cooperation (includes follow up conference call and practices to introduce in the family)

The Gratitude Project

Increase your level of gratitude while learning practices that your entire family will enjoy and benefit from (includes follow up conference call and practices to introduce in the family)

The Keys to Calm

Explore the journey to calm and the value in parenting from that space

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The Responsibility Project

Shift the view of responsibility from a negative to a positive and inspire your children to embrace responsibility (includes follow up conference call and practices to introduce in the family)

What to do Instead of Time Out

Instead of using ineffective time outs, learn more effective ways for your children to learn the lessons and life skills they need to know while staying connected and loving

Whole Hearted Adoption

In this full day workshop, explore myths and beliefs around adoption and family building; communication about adoption; attachment and attaching; handling issues while raising your children (Full day)

Would You Like a Little Cheese with that Whine?

Learn why children whine, how they learn to whine, and how to teach your children a better way of communicating

Seminars for Children and Teens



Express Yourself! Communication Skills

Explore the components of communication, listening, inner communication, repairing relationships, and assertive communication

Friendship

Investigate the meaning of friendship, how to be a friend to others, how to handle upsets in relationships with friends, and how to be a friend to yourself

How to Talk to Each Other and Adults

Sometimes it's challenging to talk with people you have just met and intimidating to talk with those in authority or adults in general, and this workshop provides both the "how to" and the experience of comfortably talking with others

Tribe

Tribe is a monthly meet up for teens that focuses on navigating their social world and relationships; tapping into and using their internal guidance system; discovering and living from their values; handling conflict, loss, and upsets, understanding friendship and being a friend; developing self-awareness, self-reliance, and self-acceptance (once per month for two hours)

What's a Kid to Do? Resolving Conflicts Peacefully

The model for peaceful conflict resolution taught in this workshop will influence a young person's current and future relationships

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Seminars for Organizations



All of the above **Workshops for Parents and Educators** for the parents in your organization

Balancing Work and Family

Learn to nurture yourself and your family so that your family supports your work

Creating and Inspiring Team

Learn and experience the components of team and how to lead to inspire high levels of cooperation

Deliver the Message without Being the Bad Guy

Explore the concepts of authority, intention, and your personal mission so that you deliver the message and maintain highly connected relationships (3 hours)

About Your Instructor



Maggie Macaulay, MS Ed, has taught parents the skills to create cooperative, peaceful homes for over fifteen years. She is a facilitator of The Joy of Parenting course as well as the instructor trainer to certify Joy of Parenting instructors. Maggie is the recipient of the 2008 American Business Women's Association Spirit of Excellence Parent Educator of the Year Award. Maggie is a certified instructor of *Freedom to Be: An Embracing Life Experience* through [Your Infinite Life Training and Coaching Company](#) and a certified coach. She is also the Executive Director of [The Peaceful Project](#) and a member of the Broward [Children's Services Council](#) Trainer Cadre.

"Your insight and experience have helped us to redefine and better shape our whole approach to parenting. Often times you give little jewels that jump out at you as a parent and help things to make sense." A. L., Hollywood, Florida

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