



Strength Switch Parenting Course

Raising thriving and optimistic children & teenagers

The Strength Switch Parenting Course helps children and teenagers flourish with strategies for building strong selves, families and communities. This program energises parents and develops confidence in children and teenagers as it builds on their strengths rather than the correction of their weaknesses.

Strength Switch was developed by Prof Lea Waters, author of *The Strength Switch*, Founding Director of the Centre for Positive Psychology at the University of Melbourne and President of IPPA.

Content

- Understanding and discovering our children's (and our own) strengths & unique qualities
- The Ages and Stages of Strength Growth
- Building Strengths
- Developing Self Control
- The Importance of practicing Gratitude, Savouring & Mindfulness
- Building and growing strong brains
- Enhance self-esteem
- Enhance positive parent/child communication
- Break the cycle of nagging/criticism & confrontation using strength-based discipline
- Help parents to draw on their own strengths for more positive parenting
- Build up academic grades, school engagement
- Nurture a sense of hope, belonging and purpose
- Build and broaden positive emotions as a resilience tool.
- Assists parents in how to unlock their children's potential with practical exercises for both children and teenagers

Flick on the "Strength Switch" for powerful results