



# BE HAPPY *Parents*



*Learn the seven secrets of great parenting at this great workshop*

- ☑ **Using positive language and positive focus** – Learn how the words you use encourage your kids to do the wrong thing and how you can change that
- ☑ **Understanding children with different communication styles** – Learn to recognise, accept, interpret and communicate in the styles of your family members
- ☑ **Expressing love for children the way they like to receive it** – Learn to fill your children’s “love tanks”, as well as your own, and keep them full
- ☑ **Aligning beliefs** – Learn to eliminate limiting beliefs and create empowering beliefs for you and your children
- ☑ **Aligning values** – Learn to tell your children what you want for them and to find out what they want for themselves, so you can help them get it
- ☑ **Setting effective rules & boundaries** – Learn to handle and prevent typical stressful parenting situations by creating a clearly outlined and safe emotional environment for your children
- ☑ **Managing time and stress** – Learn to eliminate time wasters, to say “no”, to plan ahead and to manage your time effectively, at home or at work



## *Your coaches*

“We believe that parents hold the key to their children’s education, success and happiness. By relaxing and creating a safe and positive environment at home, everyone wins – parenting becomes a pleasure, the kids do well and the family comes close together”  
– Gal and Ronit Baras.



This program is based on 18 years of parenting, education and working with parents and children. Many families around the world have enjoyed their style, approach and depth of knowledge. They are available for your contact throughout the program via email or phone.

## *What some parents have said about their parenting workshop experience*

“I love it! It was great realising that if I change, I can affect others around me”

“I love my kids very much and I spend a lot of money on them. Attending this workshop was the best investment I made”

### **Positive Parenting Workshops**

**7-9:30pm (7:30pm start)  
Tuesdays, 8/5 – 5/6**

**F Block Conference Room  
Macgregor High School  
Blackwattle Street, Macgregor**

Enjoy 12½ hours of Parent Coaching for only \$150

Discounts available for additional family members and early birds

**All participants will receive a free copy of Ronit Baras’ inspiring book “Be Special, Be Yourself for Teenagers”**

**Register now! Call 3343 2237 or visit [www.behappyinlife.com](http://www.behappyinlife.com)**

*Happiness is a Choice!*