



Workshop 1

Introduction- Overview of Emotional Intelligence (EI) and Its Importance for Parents

What is Emotional Intelligence and Why It Matters for Parents

- Defining Emotional Intelligence in the Context of Parenting
- The Role of EI in Building Healthy Family Dynamics
- Benefits of EI for Both Parents and Children

Recognizing Your Parenting Style and Its Drivers

- Overview of Different Parenting Styles
- Identifying the Emotional and Psychological Drivers Behind Your Parenting Approach
- Reflection Exercise: What is Your Parenting Style?

Understanding the Impact of Your Parenting Style on Your Child

- Short-Term and Long-Term Effects of Different Parenting Styles on Children
- Case Studies: How Parenting Styles Influence a Child's Emotional and Social Development
- Tips for Adjusting Your Parenting Style to Foster Positive Outcomes

Building a Stronger Relationship with Your Child Based on Trust

- The Role of Trust in Parent-Child Relationships
- Practical Strategies for Developing Trust and Emotional Connection
- Communicating with Empathy and Understanding

Activities to Practice Self-Awareness as a Parent

- Importance of Self-Awareness in Parenting
- Guided Activities and Exercises for Enhancing Self-Awareness
- How Self-Awareness Translates into Better Parenting Choices





Workshop 2

Introduction & Welcome

- Overview of Emotional Intelligence (EI) in Parenting
- Introduction to Social Awareness: What It Is and Why It Matters
- Goals for the Webinar

Understanding Social Awareness and Its Role in Parenting

- Defining Social Awareness in the Context of Parenting
- The Impact of Social Awareness on Parent-Child Relationships
- How to Tune Into Your Child's Needs and Emotions.

Understanding Your Child's Needs and Feelings

- Techniques for Recognising and Interpreting Your Child's Emotional Signals
- Tools for Active Listening and Effective Communication
- Case Studies: Understanding the Emotional World of Your Child

Adjusting Your Parenting Style to Suit Your Child's Needs

- Strategies for Flexibility in Parenting and Adapting Your Approach
- Practical Examples of How to Align Your Parenting Style with Your Child's Developmental Stage
- Practical: Evaluating and Adjusting Your Parenting Style

Raising an Empathetic Child

- The Importance of Empathy in Your Child's Development
- Encouraging Emotional Expression and Understanding in Your Child





Workshop 3

Introduction:

1. A brief overview of the webinar's objectives
2. The importance of self-mastery in parenting

Understanding Emotional Intelligence in Parenting

- Definition and significance of emotional intelligence (EI)
- How EI impacts your relationship with your child

Building Integrity and Trust

- Strategies for maintaining honesty and trustworthiness
- Practical examples of integrity in action

Developing and Modelling Resilience

- What resilience looks like in parenting
- Techniques for fostering a resilient mindset in yourself and your child
- Role-playing scenarios to practice resilience

Integrating EI into Daily Parenting

- How to apply EI principles in everyday interactions
- Creating a supportive environment that nurtures both integrity and resilience





Workshop 4

Introduction to emotional intelligence in parenting.

Building Your Child's Resilience

- Understanding resilience and its importance.
- Strategies to help children bounce back from setbacks.
- Practical exercises to strengthen resilience in everyday situations.

Connect, Explore, Empower

- The role of connection in empowering children.
- Techniques for exploring emotions together.
- Empowerment through active listening, validation, and support.

The Growth Mindset

- Introducing the concept of a growth mindset.
- Encouraging perseverance and a love for learning.
- Tools and tips to nurture a growth mindset in various aspects of life.

