



You are invited to attend the workshop

## Emotionally Intelligent Teaching and Parenting

Facilitators: Helen Connell and Marilyn Hatton

**Saturday 18th September 2010**

**Venue** Australian Catholic University

**Time** 9:30am–2:30pm

**Cost** \$100 (includes morning tea, lunch and handouts)

**RSVP** Friday 10th September

Helen Connell and Marilyn Hatton piloted the University of Melbourne program '**Tuning in to Kids: Emotionally Intelligent Parenting**' in Canberra in February this year. They are now commencing their fourth program. The overwhelming response to the program has been that parents almost immediately find their families are calmer and their children happier.

Teachers, parents and grandparents who have attended our programs have suggested that the underlying principles could be very useful in classrooms both to teachers and children.

We are therefore keen to offer a workshop to teachers to get their feedback on this approach in classrooms. The workshop will be based on small group and experiential learning.

### Why is Emotional Intelligence useful for Teachers?

Emotionally intelligent people:

- are more aware of their own emotions
- have better awareness of the impact they personally have on others
- have better understanding of the positive impacts that self-care has on their own emotions
- are better able to respond to children's emotions more effectively.

Research has shown that children who receive emotion coaching are more likely to have better cognitive abilities, stronger social skills display, more pro-social behaviour, and have less physical illness. (Eisenberg, 2001; Eisenberg et al.,1998; Gottman et al 1997).

Research of school programs that promote children's emotional literacy, empathy, communication skills, anger management and interpersonal problem solving is also highly promising.

### Participants will learn:

- about Emotional Intelligence
- how to identify emotions
- how to use emotions to help with thinking
- to understand emotions and their causes
- methods of self-care and how self-care is crucial to managing emotions and effective communications and decision making
- to emotion coach and why and how it works
- skills needed to respond to children's emotions.

# About the presenters of **Emotionally Intelligent Teaching**

## **Helen Connell**

TC, BEd(UC), GradDipRE MEd(ACU)

Having spent over 30 years in schools, I have extensive experience in and a broad understanding of schools, educators and families. I am aware of the many changes facing teachers and parents in particular, as they



prepare children to meet the challenges of the 21st century. I am a trained presenter of **Tuning in to Kids: Emotionally Intelligent Parenting** and an accredited trainer of Emotional Intelligence.

## **Marilyn Hatton**

RN, BAppSci(UC), MLitt(ANU)

With forty years experience working in the health and education sectors at a range of levels, I have a comprehensive understanding of health and recognise the significant value emotional intelligence has for



children, families and workplaces. I too, am a trained presenter of **Tuning in to Kids: Emotionally Intelligent Parenting** and an accredited trainer of Emotional Intelligence.



## Registration Form **Emotionally Intelligent Teaching and Parenting**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

SCHOOL (if applicable) \_\_\_\_\_

I will be attending Professional Development on **Emotionally Intelligent Teaching and Parenting** which includes light lunch/refreshments, 9:30am – 2:30 pm - \$100.00

**Payment Options** (Please place an **X** in the appropriate box for method of payment)

Credit Card     Cheque     Cash in person     By phone

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**Signature** \_\_\_\_\_    **Ref 189** (Emotionally Intelligent Teaching and Parenting)

**Post to:**

Emotionally Intelligent Teaching and Parenting PD  
Australian Catholic University  
PO Box 256  
DICKSON ACT 2602  
Phone: (02) 6209 1100 ■ Fax: (02) 6209 1215

**Or deliver in person to Reception at:**

Australian Catholic University  
127 Phillip Avenue, WATSON