

PES

Parenting Effectiveness Scan Workshop

Presenters: John Cheetham MAPS

Duration: 2½ Hours

Numbers: 10 – 50.

Who would benefit: Teachers and Parents of teenagers.

Aims of Workshop and desired outcomes:

- To develop a clearer understanding of the ways in which we parent, and how these behaviours impact on us, and our family.
- For parents to be able to feel more confident using appropriate techniques when trying to juggle the various personalities and activities going on in their homes.
- For our teenagers to feel that they are also active participants within the family and take responsibility for this.

Workshop Segments:

- Introduction and description of the PES.
- Each participant fills out the PES questionnaire.
- Explanation of results
- Discuss effective techniques for each of the PES types.

Outcomes:

Participants will achieve:

- A greater understanding of their own personal style.
- An appreciation of the techniques that can meet the challenges of parenting today's teenagers.
- An increase in personal confidence with managing the family.