



Positive Parenting

Raising children today comes with its challenges. With so many competing values, it's important to know what to do to help our children thrive. This presentation provides practical information about parenting issues for toddlers, children and adolescents. The majority of information focuses on children and adolescents.

Participants will:

- Discuss the family life cycle
- Identify principles to live by
- Mark moral milestones by age
- Explore how to problem-solve with children
- Examine traits most parents want to see in their children

Mike Collins

Mike is a fully qualified, experienced and accredited psychotherapist and trainer who has worked with Employee Assistance Programme providers for over 20 years. He has extensive experience delivering trainings that cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



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