



**CALVARY**  
LUTHERAN PRIMARY SCHOOL



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Mark Le Messurier

## **4 PARENT EDUCATION SESSIONS for CALVARY LUTHERAN PRIMARY**



**Mark** is a teacher, counsellor, author and public speaker and works in private practice as a mentor to young people, a coach to parents, and a teacher educator.

He is the recipient of the Australia Day Council's 2022 SA Senior Australian of the Year award. His generosity and consideration for others was recognised as profound, far reaching, and life changing. He's helped many families, and has improved the self-worth, wellbeing, mental health and life outcomes of children, adolescents, parents, and educators.

Mark has just finished writing a new book, '**BUILDING SACRED GROUND: Parenting with soft eyes, and warm hearts**'. It will be available in June 2022 and is the basis of his 4 workshops. He writes ...

*I think of family as an intricate, evolving world. It exists to protect and nourish but the living in it is not always easy. And, when one of us is not doing well, none of us are. This makes family a dynamic, messy, sometimes frustrating and a beautiful work in progress.*

*Intriguingly, my book centres around those moments when we must get involved, redirect, or call one of our children on an unsafe, careless, or selfish action. Many see such moments as tiresome or tedious. I adore them because what happens here, does not happen in a vacuum. Such moments reveal what is really happening between parents, between children, between parents and children, outside of these moments.*

*At the heart of my book is a special set of attitudes and skills I describe as using our "soft eyes, and warm hearts." Holding a child or teen accountable by connecting in this way buoys their composure, keeps their dignity, frees them from shame, and leaves them in a position where they might want to make changes, rather than being forced to.*

*Once upon a time it was thought one could only lead with strength, and kindness was weakness. And now, you are gaining a sense of the SACRED GROUND I want to build with you.*



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## Session 1

Wed. 9<sup>th</sup> March 7 to 8.30pm (*planning a face-to-face session at school, but depending on COVID-19 restrictions, may go to ZOOM*)

**Topic: FAMILY AND CHILDHOOD CHANGES:** what a revolution in a short time! Where has it left you? And, what have you inherited or developed when it comes to your **PARENTING STYLE?** Let's get practical and gather a few connecting and guiding tools!

## Session 2

Wed. 30<sup>th</sup> March 7 to 8.30pm (*planning a face-to-face session at school, but depending on COVID-19 restrictions, may go to ZOOM*)

**TOPIC:** What is '**MIS**'**BEHAVIOUR** telling us? Understanding the **STUBBORNNESS** of behaviour and developing a space and language that tames **SHAME**, with the **STAR ACT** being praise.

## Session 3

Wed. 1<sup>st</sup> June 7 to 8.30pm (*planning a face-to-face session at school, but depending on COVID-19 restrictions, may go to ZOOM*)

**TOPIC:** The 'art' of **MANAGING** unwanted behaviours. A practical 3-level approach - beginning at **REDIRECTION**, moving to **HOLDING YOUR CHILD ACCOUNTABLE**, with poise, through to **APPLYING AN EDUCATIVE CONSEQUENCE**, and staying emotionally connected!

## Session 4

Wed. 31<sup>st</sup> August 7 to 8.30pm (*planning a face-to-face session at school, but depending on COVID-19 restrictions, may go to ZOOM*)

**TOPIC:** Who are your **WISE-GUIDES?** Who are those you look to for guidance, validation and direction? And, what do you do to **TAKE CARE OF YOURSELF?** Plus, some final heart-warming memories from my clients, young and old, about the value of their parents and family. A must hear for when the going gets tough!