

NO YELLING CHALLENGE



MODULE 1

**WHY YELLING ISN'T EFFECTIVE COMMUNICATION
THE IMPACT OF YELLING ON CHILDREN?**



ABOUT WENDY OLOGE

Wendy Ologe is the foremost parent coach in Africa who believes that her calling to parents will change the next generation of people in Africa. She is the founder of The Intentional Parent Academy a coaching outfit dedicated to equipping parents and intending parents to intentionally raise their children positively especially in the face of our decaying societal values.

Wendy aims to lead parents with everything it takes to raise an excellent child mentally, physically, spiritually, emotionally, and psychologically – because she believes that parenting the next generation better is the way to have a better world tomorrow. She helps parents parent with peace and calm. TIP Academy runs the famous Inner Circle Program for parents; a program that takes parents through a yearly process that have impacted families and generation to come. She is the Author of many bestselling parenting books and has sold over 100,000 copies across the nations of the earth.



LESSON 1: COMMUNICATION REFLECTION

Practical Steps: Reflecting on past communication challenges can provide valuable insights and opportunities for growth.

Use this worksheet to identify areas for improvement and develop effective communication strategies.

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Communication Challenge:

Describe a recent communication challenge you faced with your child.

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Communication Goals: What were your goals for the communication? (e.g., resolving a conflict, setting boundaries)

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Communication Approach: How did you approach the situation? Reflect on your tone, body language, and choice of words.

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Outcome: What was the outcome of the communication? Was it successful in achieving your goals?

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Areas for Improvement: Identify any areas for improvement in your communication approach. (e.g., active listening, using "I" statements)

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Communication Strategy: Based on your reflection, develop a communication strategy for similar situations in the future. What steps can you take to improve your communication effectiveness?

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