

Peace Discipline

Be empowered and inspired with positive skills

When it comes to discipline, what skills will be effective *and* leave us with peace of mind? How do we create healthy boundaries without using fear-based methods? When children go out of control, what positive skills can we use to get through to them? How can we have both discipline and a good connection with our children? **Peace Discipline is a series of workshops teaching positive skills relevant to children of all ages.**



About the facilitator: Karen Quail has a background as a school counsellor and teacher. She now works independently, coaching and running workshops for parents, teachers and child-care workers. She is a parent herself, and has been running these workshops regularly since 2004.

What Participants Say:

- "In a short time it has helped hugely."
- "...related to the reality of our daily lives"
- "It has helped me understand my child and other children much better."
- "I enjoyed the practical examples."
- "Now I'm not left feeling like a monster when it comes to discipline."
- "I feel more in control with these skills."
- "I feel more calm about discipline."

NEXT WORKSHOPS:

Oct - Nov 2019

Dates: Mondays 14th, 21st & 28th Oct, 4th & 11th Nov 2019

Time: 19:00 – 21:30

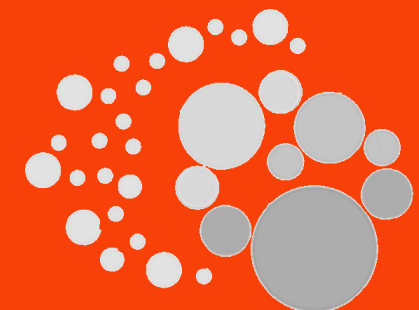
Where: Michael Oak Waldorf School
4 Marlow Rd, Kenilworth

Cost: R1300 per person (total)

To Book: email

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Or sms 076 3035324



Strengthening Communities
Around Children