

# 2015 Seminars For Schools and Organisations



## Seminars for Parents

1. My Resilient: My Optimistic Child/Teen (up to 2 hours)
2. A Big Bowl of Self Esteem (up to 2 hours)
3. Get Ready for the Teen Years (up to 2 hours)
4. Listen with your Lips Shut: Building your child's emotional intelligence (up to 2 hours)
5. Computers and Devices: Managing screens without the screaming (up to 2 hours)
6. Happy Parenting: Positive mental health and happiness for parents (up to 2 hours)
7. No is NOT a Dirty Word: Why kids need to hear it (up to 2 hours)
8. Understanding Teenagers (up to 2 hours)
9. Connect with your Teenager (whole day)
10. Confident Parenting: Happy Children (up to 2 hours/ whole day)
11. Fathers And Daughters: Nurturing that special bond (up to 2 hours)
12. The 5 Love Languages of Children Unpacked (1.5hour)



## Seminars for Students

1. If it is to be, it's up to me: Building a resilient "I can do it" mindset
2. Study Skills for Success
3. Permission to Shine: Empowering girls
4. Leadership Beyond: A forum to enhance student leaders



## Seminars for Staff Professional Development

1. Building the Self Esteem, Resilience and Optimism of Students
2. Utilising Coaching Strategies in the Classroom
3. The CARE Model: Building parent rapport during liaisons and meetings
4. Positive Mental Health and Happiness in the Workplace
5. Conflict Resolution in the Workplace
6. Understanding Teenagers
7. Mastering Relationships: Building the spirit of team
8. Jelly Legs Be Gone: Speaking in public with confidence
9. Who's in Charge Around Here? Mastering the best you



BOOK NOW

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Debbie presenting at the 2013 WACSSO Conference



Students in Muckinbudin, WA



Debbie presenting at the Subiaco Safe Party Forum



### Parent Teen Matters

Parent Teen Matters was founded in 2004 by Debbie Bushell to create a service in Australia that supporting parents, children and teenagers. Since then Debbie's programmes have and assist those who work and care about children, youth and their parents.

Debbie's professional services include individual coaching and presentations to parent groups, schools or organisations. Her concepts are heavily focused on the importance of consistent interactions that aim to nurture positive relationships that empower youth to be the best they can be.

Common elements to Debbie's individual coaching and seminar presentations include; establishing consistent healthy boundaries, building confidence, self-esteem, resilience, listening, emotional intelligence, mutual respect, understanding teenagers and their relationships, open communication, and strong all-around support.

Debbie draws on her academic background and research in education, professional coaching, and psychology to offer parents and staff up-to-date strategies that positively influence pre-teen and adolescent development. Debbie prides on delivering vital actions to parents and staff that can be implemented easily and effectively after any presentation.



### Debbie Bushell

Debbie is a parent coach, professional trainer and resilience coach for children and teenagers. She is the founder of Parent Teen Matters. Debbie holds a Master of Education in School Leadership, a Bachelor of Education in Career Education and Counselling, a Diploma of Secondary Teaching and a Certificate in Professional Parent Coaching (ICF accredited).

Debbie was also a trained facilitator of the "How to Drug Proof my Child" programme. Debbie has successfully worked with teenagers and parents in various professional capacities including school coordinator, secondary teacher, career counsellor, university lecturer, and youth education officer. She has extensive experience in the development and professional training of staff in schools and organisations.

Since 2004 Debbie has presented to over 400 audiences and she has appeared as guest on ABC Perth, ABC regional radio, and various centres for the School of the Air. Debbie currently appears as a regular fortnightly guest on radio 6PR.



### Staff Professional Development / Training

Debbie operates on the belief that people are our greatest asset to empower young people and upholds the conviction that the overriding priority of most organisations should be to ensure all staff are "armed" with communication tools and strategies that work to make a difference.

Her concepts and strategies are current, fully researched and extracted from the fields of positive psychology, education and professional coaching. Debbie's methods of presentation take into account the individual way in which we learn and process information.

Through the innovative use of multimedia - music, role play, real play and experiential learning - participants are guaranteed to receive valuable information that can be applied immediately and successfully.

Awe-Inspiring is a good word to describe Debbie Bushell. The respected parent-teen coach is at once practical and inspirational. Local mums and dads who attended her recent session walked away with a stash of good ideas to put into practice at home. The workshops were supported by St Hilda's Anglican School for Girls and Aquinas College

- The Golden Mail, Kargoolie

Thank you sincerely for showing me the "nuts and bolts" over the last 4 weeks. It has been really stimulating and enjoyable. I respect your commitment and passion to this programme. Go forth and challenge all parents into becoming parent coaches. I know you will achieve great things with this amazing eye-opening programme.

- Mother & Teacher (Child 10)

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