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PosiPower Parenting Workshops



For Caseworkers, Kinship, and Foster & Adoptive Parents

"Where all elements of training begin with self"

1. *Be a PosiParent in Your Home* (theme booklets optional)
2. *Change Can Be GREAT For Your Family*
3. *Balance Work & Family & Be Positive in Both*
4. *Meeting The Needs of At-Risk Children*
5. *Raising 21st Century Girls*
6. *Raising 21st Century Boys*
7. *Teach Your Children Ways to Avoid Violence*
8. *Positive Parenting For Today's Teens*
9. *Let's All Just Get Along* (Designed for caseworkers & parents)
10. *Meeting The Needs of Preschool Children*
11. *Positive Ways to Blend Children Into Families*
12. *PosiPower Parenting For Single Parents*
13. *Celebrate Diversity in Your Home*
14. *When Your Child Won't Listen*
15. *Raise Successful Children*
17. *PosiKids are Happy Children*
18. *Teach Your Children About Pets*
19. *Raise Children With Manners*
20. *25 Ways to a Healthy Family Life-style*
21. *Time and Stress Management for Parents*
22. *Keep Your Children Safe From Predators*
23. *Shopping Tips For The Stressed-out Budget -*
24. *Preparing Your Teen For The REAL World – Independent Living Skills*
25. *My Forever Child – Successful Adoptions Mean Permanency*
26. *Civil Rights Childhood – Racial Sensitivity Training*

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1. Be a PosiParent in Your Home 6-hours

(Theme booklets are optional)

PosiParents receive more cooperation from their children, because they give and demand respect. Also, PosiParents build cohesiveness among family members by enhancing a positive environment. **Be a PosiParent in Your Home** is a highly interactive workshop that involves self-assessment exercises and group activities. Parents learn tips on how to change negative attitudes into positive ones by role-modeling appropriate ways to handle negative situations. **Be a PosiParent: By Thinking Positively** booklets are available for an additional charge. Main Topics include:

- Feel good about YOU as a Parent
- Turn negative situations into positive ones
- Role-model the kind of behavior you desire
- PosiParents generally raise Posikids
- **Learn How to Raise a Positive Thinking Child**
- **10 Principles of a PosiParent**

2. Change Can Be *GREAT* for Your Family 6-hours

There is bound to be tension and feelings of uncertainty as we adjust to changes in our lives, even if we anticipate and look forward to them. For instance, while you may be looking forward to buying a new house, or adopting a child, you still may experience anxiety and stress while anticipating these changes. However, change is constant and no two days are ever the same. By understanding the process of change, parents learn how to become receptive to change in a positive way because many great opportunities are afforded through change. They learn how to eliminate the tendency to worry, procrastinate, "stress-out," and "burnout," while improving the quality of their family. They also gather tips that aid in improving their professional and personal lives. The goal of this workshop is to help parents cope with their ever-changing workplaces and lives. The following components facilitate the process:

- Maintain a positive attitude and change will be easier
- Change is constant
- Theoretical explanations about the process of change
- Strong families thrive on change
- **Master negative responses to change**
- Resist the tendency to worry, procrastinate, and burnout
- Making a commitment to change will benefit you personally and professionally

- **13 PosiPower Tips to Managing Change**

3. Balance Work & Family & Be Positive in Both *6-hours*



The objective of this workshop is to teach parents the importance of maintaining a balance between work and family. Parents learn that people who have positive interpersonal relationships are generally the PosiPeople in their workplaces. They are also the PosiParents in their homes. Parents with a happy home life are more productive at work. They are less distracted by family problems and have fewer absences. These valued employees can fully focus on their jobs. In addition, companies that promote the strengthening of families have fewer problems with their employees. And, workplaces that offer benefits such as on-site daycare, flextime, and extended leaves substantially aid in easing the stress of a parent trying to balance work and family. Workplaces and parents working together will find that the benefits are mutually satisfying. In this workshop you will discover:

- Having a positive attitude is key so have the **best** of both worlds
- PosiParents have PosiKids
- You can reach your highest goals and still have a loving home
- How to become a super asset, and not a liability to your workplace or family
- **15 PosiPower Ways to Balance Work & Family**

4. Meeting the Needs of At-Risk Children *6-hours*

The goal of this training is to teach parents how to work effectively with children who have moderate to severe behavior and academic problems. They learn how to look for signs of low self-esteem and negative attitudes that contribute to children engaging in risky behavior. Parents learn how to handle the stress of raising these children by learning positive discipline techniques and by maintaining their own self-esteem.

Meeting the Needs of At-risk children is a highly interactive workshop that involves self-assessment exercises and group activities. By using case studies, parents will learn tips on how to change negative attitudes and behavior into positive ones. In this workshop you will learn:

- The impact at-risk children have on schools, families, and communities
- Who are or maybe at-risk children?
- What are the needs of at-risk children?
- Action plans for children at-risk
- Develop success contracts for the at-risk child



5. Raising 21st Century Girls *6-hours*

For parents in today's society, it is certainly no easier to raise girls than boys, because girls are no longer sheltered from the harsh realities of life. In fact, there is a lot of pressure on girls today to be pretty, smart, popular, and to pursue successful, high-paying careers. Many are meeting most of these challenges. However, girls are still falling victim to negative stereotypes that overly emphasize physical beauty and sexual behavior. And, girls from an early age are feeling the pressure of becoming super women, and subsequently super moms. It is no wonder that girls display self-image and depression problems sooner, and at a far greater rate than boys. In this course, parents and caseworkers learn positive ways to improve the self-esteem of girls, so they can continue to make positive strides in the 21st century. The following topics will be discussed:

- 21 century girls are doing GREAT
- Take your daughter to work - actually worked
- Why it is important for you to role-model a positive self-image
- Ways to provide opportunities for girls to gain confidence
- Teach them to value themselves by fostering and promoting positive relationships
- **10 PosiPower Ways to Raise The Self-Esteem of Girls**



6. Raising 21st Century Boys *6-hours*

There is a tremendous amount of pressure on boys today, because men by the vast majority are expectant leaders of the world, and in the workplace. So like girls, boys are often plagued with self-image problems. They worry about how they look, and if they're strong physically and emotionally. They are also plagued by stereotypes that imply that any sign of weakness, diminishes their manhood. Boys worry about making athletic teams, and whether they appear tough enough. And boys, who grow-up without fathers in the home have an even harder time with gender identification. Research indicates that these boys have a more difficult time managing their aggression than boys who have fathers in the home. In order to raise a boy with a positive and strong self-image, parents and childcare workers today need special tools. Boys of the 21st Century have special needs. In this course you will learn:

- 21st Century boys are doing GREAT things
- Mothers don't really understand boys
- Boys are innately different from girls
- Why it is important for you to role-model a positive self-image
- Ways to provide opportunities for your son to gain confidence
- Teach your son to value himself by seeking positive relationships
- **10 PosiPower Ways to Raise the Self-Esteem of Boys.**

7. Teach Your Children Ways to Avoid Violence 6-hours



"Violence is a problem that begins at home. That's the conclusion that nearly all the specialist who address the issue of violence in our society come to sooner or later. Individual parents cannot remove guns and drugs from our environment, nor can they halt the viciousness broadcast incessantly on the mass media, but teaching children how to function in a social setting without bashing those who stand in their way can make a difference. As a physician, I consider children who have learned at home how to satisfy their own needs without resorting to force to be inoculated against violence. When they become adolescents, young people like this are more able than others to walk away from trouble. Trouble may still find these peace-loving young people-- a stray bullet can find anyone, especially those living in impoverished neighborhoods--but children who know how to resolve conflict rather than escalate it, stand a better chance of surviving to adulthood." Deadly Consequences, Deborah Prothrow-Stith, M.D. Amen!

It is challenging to be a parent because it is a very difficult job. The job is '24-7' and the responsibilities are great. However, if we can instill one trait into our children that will benefit them and society, it must be an ability to manage, anger, conflict, stress, frustration, disappointment, and potentially violent encounters. We can't always be with our children, especially when they become adolescents, but we can provide them with tools for how to avoid violence. We can model ways to cope with angry feelings, so they can imitate us when they are faced with a challenging situation. In this course, parents will learn tips for teaching their child how to handle negative feelings and avoid dangerous encounters. The following topics will be discussed:

- The importance of establishing a violence-free home
- **10 Ways to model conflict management in your home**
- **Raising street smart children** - 10 Ways Children can avoid violence while away from home
- Talking with your child about violence in the mass media
- Teach your child how to defuse anger
- **How to remain positive in a sometimes negative world**

8. Positive Parenting For Today's Teens *6-hours*



Most parents, even ones who are crazy about their children, find themselves questioning at one time or another whether or not they really like their children when they become teenagers. On the other hand, often teens do not seem to like or respect parents much either. Thus, raising teenagers can be a real challenge because your child, who is almost an adult, knows how to push your buttons. Ironically, you'll discover that they behave pretty much like you did when you were a teenager. Nevertheless, during these times parents really need to learn how to remain loving, but firm. Some parents make the mistake of ignoring a child's self-destructive behavior, because they are afraid of the reaction, or try to avoid an unpleasant argument. When parents avoid addressing unacceptable behavior, they do the teen a terrible disservice. Teens need to learn to be responsible human beings, and ignoring their irresponsible behavior reinforces it. Parents must learn to concentrate on demonstrating what they want from their teen with new and effective behavior of their own. During this course the following topics will be discussed:

- Revisit 10 Principles of a PosiParent
- Teach your teenager how to feel good about himself
- **10 Ways to defuse an argument with a teen**
- What's important and what's not - ways to let go
- Teach your teen the importance of making good choices
- **Talking with your teen about sex, drugs, and peer pressure**
- **10 Ways to reestablish loving relationships with your teen**

9. Let's All Just Get Along 6-hours

(Conflict Resolution & Interpersonal Skills Training for Foster/Adoptive Parents, Caregivers and Social Workers)

It's great when everyone gets along. However, conflicts that are generally seen as negative can actually be the cause of positive changes in an organization or family. When conflicts are managed and proactively addressed they can strengthen the fiber of relationships. In this workshop, parents and social workers learn how to manage difficult situations in a more positive manner. They develop the skills to improve family and professional relationships through positive conflict resolution techniques that ease tension and diminish stress. Participants understand how constructively managed conflicts can improve communication and result in more responsive action. When valid feedback is given and received it can be a great benefit for all concerned, especially foster and adoptive families. Key segments in this workshop include:

- How a positive attitude will minimize negative conflicts
- Positive communication and listening techniques
- How to improve interpersonal relationships between social workers & parents
- When conflicts are good
- Why conflicts and change work hand in hand
- Why foster and adoptive children benefit when adults get along
- **10 PosiPower ways foster/adoptive parents & social workers can get along**



10. Meeting The Needs of Preschool Children *6-hours*

Oh the joys and the trials of raising little ones. They're little human beings with little fingers and toes and little bodies. They give the best hugs and sweetest smiles, and will love you unconditionally. But aren't they also demanding, especially when they are preschoolers. Being a parent is the most important job you will ever have, and nothing you will ever do in life will ever surpass parenting. This is why it is so important to develop good parenting skills as soon as possible. Preferably before you have a child, or become a foster or an adoptive parent. The first thing to remember is to not scream or yell at a baby or a preschooler. Always use a gentle soothing voice. Little humans need a lot of love and require your undivided attention. They literally crave affection and any screaming or yelling that you do directly at your child will become imprinted on their memory. It teaches them to behave in the same way that you do when they become frustrated. Loving, kind words and a lot of affection are the best ways to meet the needs of a preschooler. In this course you will learn:

- Review PosiParenting Tips
- What are the needs of a preschooler
- What can we expect from our preschoolers
- **10 PosiPower Ways to meet their needs and your own**

11. Positive Ways to Blend Children Into Families *6-hours*

Today's studies indicate that only approximately 50 percent of the children in this country live with both of their biological parents. This figure is even lower in the homes of minority children. Families of the past where men and women stayed together and raised their children within the institution of marriage are becoming rare. Today, most children live in blended families. Single mothers or fathers head these families, or they could be a combination of a divorced mother and father who combine children from previous relationships. Also, grandparents and extended family raise children in their households. There is also an increase of same-sex parents raising children together. Members of the same family may not look at all alike or share cultural backgrounds. This is especially the case when foster and adoptive children come into the home. In this course, parents learn how to successfully blend foster and adoptive siblings. They also learn how to help their biological children handle changes within the family positively. Highlighted topics in this course include:

- What is meant by "family" today
- Promote solid family values that will strengthen your family
- Positive ways to prepare your family for change
- Bring out the best in each of your children
- **10 PosiPower Ways to help siblings to get along**



12. PosiPower Parenting For Single Parents *6-hours*

Single and some divorced parents are challenged with providing for and raising their children with little or no help from spouses. They sometimes have no one to bounce ideas off, and are overwhelmed by other problems. Many feel guilty because they're stretched thin by having to work, and may feel they don't spend enough time with their child. Unfortunately, most of these parents are mothers, who have inadequate skills and limited resources. In this course, single parents will learn that positive parenting techniques will greatly benefit their children. They learn how to get more cooperation from their children by giving and demanding respect. Single parents learn it's important to take time for themselves, so they have more energy to give to their child. Additionally, parents learn how to change negative attitudes into positive ones by role-modeling appropriate ways to handle challenging situations. Main Topics include:

- Be a PosiParent Tips (revisited)
- What is a family?
- Take time for YOU
- Getting your child to cooperate
- Bring out the best in your child
- **10 Tips to becoming a Positive Single Parent**



13. Celebrate Diversity in Your Home *6-hours*

When most people think of diversity they tend to think of other people and not themselves. All of us create our diverse society. We are all uniquely different, and families today are different from the past. It is becoming more common to find families with members who don't look at all alike. In fact, several children within the household may be from different ethnic groups, but similar cultures. In this course you will learn how to celebrate diversity in your family. Most important, parents learn how to positively raise children from different backgrounds, ethnic groups, and races. Topical highlights are:

- How families have changed
- What is meant by "culture," "diversity," and "race?"
- Why celebrate diversity in your home?
- What do all children need?
- 10 tips to help your child feel **positively** unique

14. When Your Child Won't Listen *6-hours*

One of the most difficult challenges for a parent is when a child refuses to listen or obey orders. It is during these times that a parent's patience and tolerance is tested. In this course parents learn positive and effective ways to handle difficult children. They learn why it is important to role model and set-examples of ways to manage anger and stress. Parents learn positive ways to discipline children and why name-calling and hitting can be detrimental to a child's self-esteem and their own. Ultimately, parents will learn how to talk so their children will listen, and strategies to use when they won't. This course is designed to be highly interactive with discussions of real-life situations. Additionally, videos and role-playing are utilized to facilitate the learning process. Topical issues are:

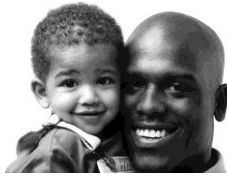
- Why PosiParents have PosiKids
- Feel good as a parent
- How to stay positive when overwhelmed by parenting
- Why children misbehave
- Why teens rebel
- What to do when your child gets angry
- What not to do when you get angry
- **10 PosiPower Ways to Bring out the BEST in Your Child**
- **10 PosiPower Ways to Get Your Child to LISTEN**



15. Raise Successful Children *6-hours*

Why do some parents manage to raise successful children and others have a difficult time? Parents find out the answers in this course along with practical tips that will help ensure the success of their child. Parents discover that they can have a direct impact on how well their child succeeds in life. For the most part, PosiParents have PosiKids that are goal oriented, and more apt to become successful adults. Parents regardless of their educational status can raise children that do well in school and life. However, some kids no matter how hard they study do not make high marks. This can be frustrating for the child and the parent, but there is no need to worry, because the child can still be successful. The most important thing is that children need a healthy self-esteem and to know they are loved unconditionally. Consequently, children with academic deficiencies can find their niche in life. In this course parents will learn:

- Positive Parenting Techniques (revisited)
- The benefits of early intervention
- Being a role-model has it's advantages
- How to teach reading, writing, and math
- The value of promoting education
- What to do when your child has academic problems
- How to bring out the best in your child
- **10 PosiPower Ways to Raise Successful Children**



16. African-American Boys: Positive Parenting +Education = Success

6-hours

Although, this course will also discuss the struggles of minority children, our primary focus will be on African-American boys. Recent news reports indicate that African-American boys are failing at an alarming rate, whereas, African-American girls are doing much better. This course will address this issue and provide some vital parenting skills that will promote education and success for black boys. Parents will learn how to bring out the best in their sons. Additionally, parents will learn how to positively prepare African-American boys to a society that may place some barriers and stereotypes, which may hinder their achievement. However the most important tool parents will discover, is that positive parenting techniques, and their son's hard work, is what will make the difference in future achievement.

Topical issues are:

- What African-American boys need most from parents
- Dwelling on racism and prejudice is counter-productive
- Raise & love a successful son
- Valuing an education is the key to a promising future
- Sons without fathers can achieve in spite of it (provide male role-models)
- The NBA & NFL is not the only way to dream
- 10 PosiPower Ways to develop a successful African-American man

17. PosiKids are Happy Children (New) 6-hours

In this course parents will learn positive ways to develop self-esteem in their children. They will learn what to say and do that will help their children to feel great about themselves. PosiKids are children who learn to take risk, because they have good support from parents and teachers. These kids like doing well, because they like themselves. Most important, Posiparents generally raise Posikids. They are parents, who encourage with praise and affection. They not only love kids, but they like kids and it shows. In this course parents will learn:

- They are their children's best role-model for happiness
- How to turn frowns into smiling faces
- How to promote a positive home atmosphere
- **25 PosiPower ways to develop a PosiKid**

18. Teach Your Children About Pets (New) 6-hours



If you have children and pets living in the same home, you will need this course, because you will want them to live harmoniously and safe. Most kids are good with pets, but will need to know some safety tips. In this course, parents will also learn how to spot aggressiveness in children who may have anger issues. However this course is designed to help bring out the best in children, by teaching them how to care and comfort animals. In return, they will feel cared about and comforted. Parents will learn at what age children can care for pets, and which animals are good with children. Pets and children are special creatures. In this course we will discuss:

- What kind of dog, cat, etc... for your child
- When pets are aggressive it could indicate....
- When children are aggressive it could indicate
- How to care for pets and children together
- The bond between pets and children can last a life time

19. Raise Children With Manners (New) *6-hours*



Adults are becoming really irritated with children with poor manners and with good reason. However, children today have poor manners because adults are not taking the time to teach them the importance of “Please,” “Thank you,” and “You’re welcome.” If a child has not been taught to send a “Thank you,” note, or table manners, then they will not teach the future generation. When children do not see parents holding the door for others, they will not see the importance of this courtesy. In this course, parents will learn how to model the behavior they want. Additionally, children will learn not to call adults by their first names, but “Mr. Mrs., Miss, Aunt,” and “Uncle.” And there is absolutely nothing wrong with “Ma’am,” and “Sir”, although a clear “Yes” and “No” is better than “Yep” and a shrugged shoulder. This course is bound to raise standards. Topical discussions are:

- The importance of modeling good manners.
- Kids need to know what to expect
- It feels great to know how to behave
- Showing appreciation is a positive concept

20. 25 Ways to a Healthy Family Life-style (New) *6-hours*



We are getting too fat and so are our children. What can we do differently in our homes and life-style, to turn the tide against childhood and adult obesity? Why is it important to eat healthy foods and to exercise regularly? In this course, parents will learn the benefits of teaching and role-modeling a healthy life-style. Parents will also learn these tips:

- What to eat and to avoid
- Why exercise will keep your family healthy
- Learn to eat in moderation
- Garbage in and fat on the butt
- **25 Ways to a Healthy Life-style**



21. Time and Stress Management for Parents (New)

6-hours

This course is a timely one, because we are living in stressful times. However, it is essential to our mental and physical health, to learn positive ways to manage workplace and home stress. It is also important to learn how to become better organized. Most important, parents learn how not to pass on stressful habits. Families will benefit from this course. Key points are:

- What's negative & positive about stress?
- Learn constructive ways to use and manage your time.
- Let go of destructive worrying, habits, and people.
- 25 Things to do to manage your time better.
- 10 Ways to get rid of negative stressors.
- **10 Ways to feel positive everyday.** 😊

22. Keep Your Children Safe From Predators *6-hours*



By the vast majority, most people in the world will not dare harm a child. In fact, they will do all they can to help your child to safety. Unfortunately, though there are predators out there looking for an opportunity to harm children. In this course, parents will learn what to look for, and how to keep their children safe. Topical issues are:

- Who is watching your child?
- Learn how to use the computer to keep your child safe.
- Does your child have a safety plan?
- Do you know who is getting too friendly with your child?
- Is your child street smart or venerable?
- **Learn 20 Ways to keep your child predator-proof**



23. Shopping Tips for the Stressed-out Budget – *NEW*

Like every other parent, foster and adoptive parents often face challenges in coping with the economic realities of raising their children. Participants learn dollar-stretching techniques which they may not have considered prior to this workshop. Typical budgets are examined and play money exercises provide the core to this interactive workshop. Teams compete and winners are chosen. Lessons learned are presented at the end of the exercises. Parents discover:

- What is going on with our economy
- Why a positive attitude will make you feel prosperous
- Where to shop for good used household items
- How to shop for homes, cars, clothing, groceries, etc.
- 15 Tips to Manage Your Budget

24. *Preparing Your Teen for the REAL World – Independent Living Skills – NEW* (Parents, Staff, and Foster/adoptive Kids)

Once teens have been identified for emancipation from foster care, intensive training for life in the real world begins. Parents and staff learn what teens will need to know in order to become successful adults. Teens who take this course will get a direct response to their questions and needs: How do I find a job? How do I apply for higher education? Where do I turn for help with emotional needs? What is available to me as a former foster teen? Where do I find affordable housing? How do I make a budget and live within it? How do I choose positive interpersonal relationships? Where do I obtain family planning skills and child care? In this course parents, staff and foster teens learn:

- PosiTeens possess Positive Power
- What is REAL world
- PosiParents generally raise PosiTeens
- Goal-setting skills that work for teens
- 15 Positive Tips to Succeed to in the REAL world

25. *My Forever Child – Successful Adoptions Mean Permanency*

Disruptions are often thought to be a necessary reality in the process of adoptions. The expectation of permanency, however, is an essential element of successful family creation. My Forever Child will help parents understand that adoptive children are born in the heart of the parent. These children are special because they are chosen. The PosiParent concept builds cohesiveness among family members by enhancing a positive environment that will nurture a child's spirit. My Forever Child is a highly interactive workshop that involves self-assessment exercises and group activities. Parents learn tips on how to change negative attitude into positive ones by role-modeling appropriate ways to handle negative situations that may lead to disruption. Main topics include:

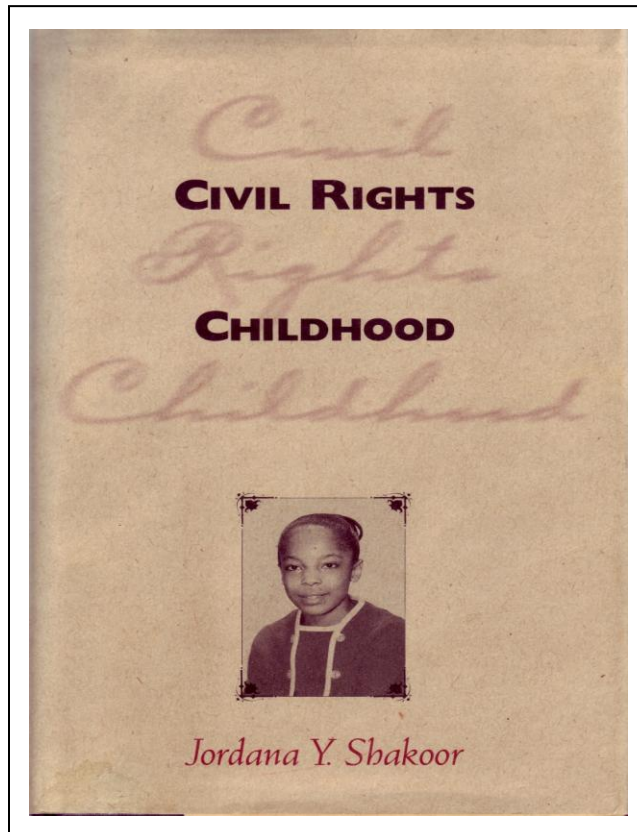
- Feel good about YOU as a parent
- Key reasons that adoptions disrupt and how to avoid them
- Turn negative situations into positive one
- Role-model the kind of behavior you desire
- 10 Principles of a PosiParent

Civil Right Childhood – Racial Sensitivity Training – 3-hours

Author- Jordana Shakoor Anderson - Soloist – Paul G. Anderson

“Two voices blend in this poignant memoir from the civil rights era in Mississippi – a father’s and a daughter’s.

“He was Andrew L. Jordan, a son in a dirt-poor family of sharecroppers near Greenwood. Jordana Shakoor is his little girl who grew up to write this book. In her southern childhood she is just becoming aware of her people’s dreadful predicament of loving their homeland but of hating its mistreatment of blacks. Like virtually all southern black families, the Jordans endured humiliation and fear of white reprisals.



“The voices in this book tell a story whose theme is familiar to legions of African Americans. Yet its particular voices, until now, have gone unheard. Though this is told by a child born in the segregated South, it also is the story of her family's triumph over a dark heritage, a story of a Civil Rights Childhood that casts away a centuries-old tradition of insult and denial to embrace instead a Civil Rights heritage of freedom and love.” *(from book jacket to Civil Rights Childhood, University Press of Mississippi, 1999.* The learning objectives in this training are:

- To learn first hand accounts what it was like for the Jordan family in Mississippi during the civil rights movement
- To discuss how each participant was affected by race relations between blacks and whites while growing up
- To learn about Black-American workers and caregivers; and how the civil right era affects them today.
- To understand the struggle of blacks to overcome negative stereotypes
- To promote respect, patience, tolerance, and understanding in the workplace
- To gain an understanding about the effects of prejudice and discrimination against blacks.
- To improve relationships between blacks, whites and all people.