



1-2-3 MAGIC AND EMOTION COACHING

THREE 2 HRS SESSIONS

A program for parents and carers to help manage difficult behaviour in children 2—12 years old

Topics covered include:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the “three choices”
- Using emotion coaching to encourage good behaviour

“More often than not it feels like you get everything wrong as a parent. This course has allowed me to discipline my children in a way where I rarely raise my voice, no longer feel guilty about my behaviour and I feel like I am creating a respectful and loving family. I don’t get it right all the time however I am a work in progress. If anyone wants parenting to be easier, I strongly recommend the 1-2-3 Magic and Emotion Coaching course.” Julie (Rockhampton Parent) testimony

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| Where: | Rockhampton |
| When: | Wed Mar 11 9.30am-12.00 Wed Mar 18 9.30am-12.00 Wed Mar 25 9.30am-12.00 |
| Venue: | Duhig Centre 147-149 West St Rockhampton Q 4700 |
| RSVP: | Wed 4 Mar, 2015 |
| Cost of Book: | \$20 |



Please note no one is refused a service based on an inability to pay

To register for any of the above programs
complete registration form and email to

registrations@centacare.net

or **Phone 1300 523 985**