



1-2-3 MAGIC[®] & EMOTION COACHING

HELP PARENTS OF 2-12 YEAR OLDS MANAGE CHILDREN'S DIFFICULT BEHAVIOUR

PROFESSIONAL LEARNING WORKSHOP FOR PROFESSIONALS

WHAT'S INCLUDED

- A certificate of completion.
- Workbook for use at the training course
- Opportunity to certify to teach to parents

EXPECTED LEARNING OUTCOMES

- The ability to conduct the 1-2-3 Magic[®] & Emotion Coaching program, as either a three-meeting parent education course or in one-to-one sessions.
- Knowledge of easy-to-use techniques that parents and carers can use to help children develop self-control and respond with flexibility to frustration.

LESSON FRAMEWORK

- An overview of discipline approaches in contemporary Australia.
- Coverage of contemporary thinking in child development, particularly the differences between adult and children's cognitive abilities.
- Sorting behaviours: what's involved and the implications for how parents will respond.
- Common mistakes in addressing misbehaviour, particularly the problem with too much talk and too much emotion.
- Choosing your strategy – the three choices: do nothing, emotion coach or use 1-2-3 Magic[®].
- Processes of pattern-establishment and change: how negative reinforcement works, the characteristics of patterns, how to interrupt patterns and extinction bursts.
- Response flexibility in parents and carers: knowing how to avoid getting 'hooked' by children's negative emotions.
- Using 1-2-3 Magic[®] & Emotion Coaching: what it's used for and what it's not used for, how it's done properly, how to implement it at home, how to avoid the two biggest mistakes of parenting.
- Developing response flexibility in children: emotion coaching and cognitive strategies parents can teach children.



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CERTIFICATION

To become a certified parent educator, you'll be provided with additional resources needed in order to present to parents. This ensures that our product is only being taught at the highest quality. There are several benefits in becoming certified:

Certification is renewed each year. Certification is \$69 per person for the first year, thereafter there will be a \$49 membership fee charged annually to remain a certified parent educator.

WHAT COMES WITH CERTIFICATION

- Listing on our website as a certified 1-2-3 Magic[®] & Emotion Coaching parent educator.
- Access to additional resources such as relevant articles and tips on presenting.
- A comprehensive set of session guidelines.
- Digital practitioner materials, including a slideshow for parent presentations and teaching films.
- An annual licence to teach the program to parents.
- Resources for marketing.
- A comprehensive set of session guidelines.

ABOUT

THE COURSE CREATOR **Michael Hawton, MAPS.**

Michael Hawton is a psychologist, trained teacher and author. He has worked as an expert witness in The Family Court of Australia and The NSW Children's Court. He is a highly experienced mediator and has developed several nationally recognised parenting, practitioner and teacher PL courses.