Alyson is Coming!

Don't miss this opportunity to update yourself on adult-child relations from one of the funniest and best informed professionals available today!

May 20 - 24, 2019

Mark your Calendars - Catch her before she returns to Canada!

Monday May 20  2-3 pm  
Word Trade Organization  
Work/Life Balance

As a busy working parent trying to raise a cooperative family, the idea of work life balance often feels unachievable. Put an end to the need for perfection and refocus on the need for balance, self-care and value-based decision making.

* Learn Solutions to common problems faced by working families.

Monday May 20  7-9 pm  
Webster University Commons Room  
Honey, I Wrecked the Kids

Misbehaving children always make us question if we are parenting properly. We feel like we are messing up our kids. Learn the 4 misbehaviour dances we do with our children and learn how to get out of them. Learn why punishment and reward no longer works with this generation. Learn new effective discipline techniques to feel more confident and positive about parenting. (Open to the Public)

Tuesday May 21  9-11 am  
Haut Lac International School  
Empowering Independence/The Joys and Fears of the Teen Years

Why is it so hard to get our children to be punctual, do their chores and manage their school work without constant nagging and supervision? Which of your behaviours are hindering you from transferring responsibility to your children? How can you empower independence while also addressing the unique challenges your tweens and teens face today in ways that prepare them for successful adulthood? Alyson explores these topics and offers an effective and empathic approach. Suitable for parents and teachers of both primary and secondary aged students. (All Haut Lac Parents Welcome)
Tuesday May 21 2-6 pm  
International School of Lausanne  
Session 1 (Primary): Power Struggles  
Session 2 (Secondary): The Joys and Fears of the Teen Years  
Monthly Parent Group (Secondary): Honey I Wrecked the Kids

In a series of dynamic lectures, Alyson will discuss effective strategies for transforming family norms from conflictual to cooperative; embracing the unique and empathic parenting approach necessary for guiding today's teens and tweens toward adulthood; and finally, in a small group setting, Alyson explores a parenting philosophy and attitude that can return positivity, purpose and confidence to our parenting. (Sessions 1 & 2 Open to the Public)

Wednesday May 22 2-5 pm  
Webster University Room Jura 11  
Creating Democratic Family Systems

Speaking specifically to counselling students and clinicians, Alyson explores the fundamental concepts underlying a unique and empathic parenting philosophy. Learn to help your clients see misbehaviour through a new lens and to feel confident and inspired in their goal of developing resilient, kind and capable young people. (Open to Students and Clinicians 50 CHF)

Thursday May 23 7-9 pm  
GEMS International School  
Parenting in the Digital Age: Where to Start?

Teens today face many trials and tribulations on their way to adulthood, not the least of which are encountered in learning to navigate the cultural phenomenon that is social media. Now more than ever, we need a unique and empathic approach to parenting, one well suited to helping our tweens and teens transition to adulthood as they meet and master these challenges. (Open to the Public)

Alyson Schafer is a family counsellor, best selling author and internationally acclaimed parenting expert with an approach that empowers families to live as a democratic unit. Her style is fast, witty, warm and engaging. She is the resident expert on The Marilyn Denis Show, CanadaAM and a HuffPost Canada Parent contributor. She is an international speaker including the inaugural TEDxKids in Brussels and offers free parenting tips at www.alysonschafer.com

The Alfred Adler Institute in suisse romande (AAIsr), in conjunction with our clinical partner, Family-Counselling Services, is happy to introduce Alyson Schafer at its inaugural presentation within its Workshops for Wellbeing. The institute is a consortium of counsellors, educators, therapists and parents gathered to learn and promote a down-to-earth, usable yet inspiring vision of mental health. Teachers, parents and practitioners are welcomed to contact us to learn more about prevention and intervention activities to encourage cooperation among the significant people in their lives. Come hear Alyson and learn what AAIsr/Family-Counselling Services can offer your family, classroom and individual interactions with others.

For further information visit our websites  
www.adler.institute  
www.family-counselling.org