

# Developing Capable Young People

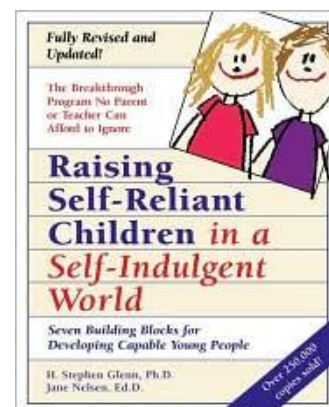
**9 Week Parent Training & Support Program starts Wednesday, Oct. 6th & ends Dec. 8th**

Register by Sunday, October 3<sup>rd</sup> to Joanne Hall at [lwsdparented@gmail.com](mailto:lwsdparented@gmail.com)

Parents of students of all ages can benefit from this interactive series of classes based on the bestselling book, ***Raising Self-Reliant Children in a Self-Indulgent World***.

This program will take you from where you are now to learn powerful communication tools that will foster trusting conversation while helping you to foster resiliency, responsibility and capability in your children. The program focuses on what is called the "The Significant Seven":

- **Perceptions of Personal Capabilities** - "I am capable of facing problems and challenges and gaining strength and wisdom through experience."
- **Perceptions of Personal Significance** - "Who I am & what I have to offer is of value - life has meaning & purpose."
- **Perceptions of Personal Influence** – "I am accountable for my actions & choices and can influence how I live."
- **Intrapersonal Skills** – Skills of self-assessment, self-control, and self-discipline in response to feelings
- **Interpersonal Skills** – Skills to communicate, cooperate, share, empathize, resolve conflicts, and listen effectively when dealing with people.
- **Systemic Skills** – Sufficient responsibility, adaptability, & flexibility to deal with the systems in which we live (social, legal, environmental, etc.)
- **Judgmental Skills** – Skills and resources for making decisions and choices based on moral and ethical principles, wisdom, and experience – developing "sound judgment".



**Instructor: Bob Almvig** was trained to lead Developing Capable People Courses by the author Stephen Glenn. He has been a student of and advocate for Developing Capable People for 24 years. As a past president of the Puget Sound Adlerian Society, he remains involved. He is proud to have raised two amazing daughters with encouraging parenting.

**Dates:** Wednesday, October 6<sup>th</sup> to December 8<sup>th</sup>. No class on November 24<sup>th</sup>

**Time:** 7:00 – 9:00 PM

**Location:** Lake Washington School District Resource Center (16250 NE 74<sup>th</sup> St., Redmond)

**Fee:** \$150 per person. Second parent free of charge. Fee includes 9 two hour classes, a *workbook and two books, Raising Self-Reliant Children in a Self-Indulgent World and Positive Discipline. (Financial Aid Available upon Request)*

**To register or if you have questions, contact Joanne Hall, Chair, Parent Education at [lwsdparented@gmail.com](mailto:lwsdparented@gmail.com)**

For registration, email Joanne Hall by Sunday, October 3<sup>rd</sup> and provide the following:

Name(s): \_\_\_\_\_

Best Phone # for Contacting: \_\_\_\_\_

Email Address(es): \_\_\_\_\_

Payment will be collected at the first class. Write your check for \$150 payable to **LW PTSA Council**

Not sure if this program is right for you, attend the first class free of charge & then decide.

Program organized by the Lake Washington PTSA Council