

Dolly Bhargava from Behaviour Zen Pty Ltd (ABN: 74612728275)  
Presents

Achieving Practical Positive  
Solutions Workshop Series  
To Enhance the Lives of the People  
We Support



Dolly Bhargava is a Speech Pathologist with a Masters in Special Education. She has 17 years of experience in providing positive, realistic and productive solutions to individuals with a range of disabilities in early childhood, school, family homes, prisons, accommodation and community settings. She has authored and developed a number of insightful books and apps, including America's National Parenting Publications Award Winner 'Taking CHARGE of my Rainbow of Emotions'. She has recently developed an innovative App and Book Series, 'Behaviour Zen'. Behaviour Zen aims to systematically guide educators, parents and professionals to assess- prevent- manage challenging emotional and behavioural responses in individuals with Anxiety Disorders, Conduct Disorder, Autism Spectrum Disorder, Oppositional Defiant Disorder and Attention Deficit Hyperactivity Disorder. Please visit [www.behaviourzen.com](http://www.behaviourzen.com) So come along to hear a range of practical and interactive workshops that provide an expert blend of information, skills and strategies that will educate, empower and enable you to be the CHANGE in the lives of the people you support.

Workshop Title	When?	These practical and interactive workshops will address the following:
Supporting Children Affected by trauma	23rd of January (9am - 3pm)	<ul style="list-style-type: none"> <li>- Introduction to trauma</li> <li>-Types of trauma</li> <li>-Impact of trauma on development and learning</li> <li>-Strategies to promote a sense of safety, build trust and address learning needs of children impacted by trauma</li> <li>-Understanding compassion fatigue and caring for ourselves</li> </ul>
Assessing, Preventing and Managing Challenging Behaviour	24th of January (9am— 3pm)	<ul style="list-style-type: none"> <li>- Introduction to challenging behaviour</li> <li>-Causes of challenging behaviours</li> <li>-Internalised and externalised challenging behaviours</li> <li>-Utilising the positive behaviour support framework to identify proactive, active and reactive strategies for school, home and community</li> </ul>
Supporting Individuals with Autism Spectrum Disorder	25th of January (5pm - 8pm)	<ul style="list-style-type: none"> <li>Introduction to Autism Spectrum Disorder</li> <li>-Social, emotional, motor, cognitive, sensory, communication needs of individuals with Autism</li> <li>-Strategies to address the needs and</li> <li>-Develop their skills at school, home and in the community</li> </ul>
Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours	29th of January (5pm - 8pm)	<ul style="list-style-type: none"> <li>-Development of emotions</li> <li>-Understanding anxious, oppositional and aggressive behaviour</li> <li>-Effectively responding to anxious, oppositional &amp; aggressive behaviour</li> <li>-Developing emotional regulation skills at school, home &amp; community</li> </ul>

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## REGISTRATION INFORMATION

Who?	Parents, Foster carers, Early Childhood, Primary and Secondary Educators, Disability Staff and Professionals
Register	Email form to <a href="mailto:behaviourzen@mail.com">behaviourzen@mail.com</a> or call 0423 293 254
Where	Morley Noranda Recreation Club, 85 McGilvray Ave, Noranda.

PLEASE TICK WORKSHOP TITLE/S	COST INC GST	PARTICIPANT NAME/S
<input type="checkbox"/> Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours (29/01/19) (9am—3pm)	<input type="checkbox"/> \$220	
<input type="checkbox"/> Assessing-Preventing-Managing Challenging Behaviours (24/01/19) (9am—3pm)	<input type="checkbox"/> \$220	
<input type="checkbox"/> Supporting Children Affected by Trauma (23/01/19) (9am —3pm )	<input type="checkbox"/> \$220	
<input type="checkbox"/> Supporting Individuals with Autism Spectrum Disorder (25/01/19) (9am —3pm )	<input type="checkbox"/> \$220	

Organisation name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## PAYMENTS METHODS

Cheque Behaviour Zen Pty Ltd  
1 Jubilee Street  
South Perth WA 6151

Online bank transfer Bank: ANZ Bank  
Account Name: Behaviour Zen Pty Ltd  
BSB number: 016270  
Account number: 460978536

Credit card payment Card Type: ☐ Visa ☐ Mastercard

Name on Card: \_\_\_\_\_

Credit Card Number : \_\_\_\_\_

Expiry Date: \_\_\_\_\_ CVC Number: \_\_\_\_\_