



behaviour tonics®

Our Courses For Practical Parenting

- **123 Magic™ & Emotion Coaching** (parents of 2 -12 year olds)

To help manage difficult behaviour in children, calmly and effectively. Learn how to use empathy so kids begin to identify their emotions and become better at managing them. This enables them to take more responsibility for their own behaviour.

Held over 3 x 2 hr sessions.

Tue 25th Aug, 1st & 8th Sept, 7-9pm Face to face course.

Wed 9th, 16th & 23rd Sept, 7 - 8.30pm Live webinar

- **Engaging Adolescents** (parents of 11 -16 year olds)

Parenting skills for resolving teenage behaviour problems. Gives parents the knowledge and practical skills to assess adolescent behaviour and to engage in those 'tough conversations' when behaviour is a problem.

2 x 2hr sessions. Mon 19th, 26th Oct, 7 - 9pm

Live webinar and face to face.

- **No Scaredy Cats** (parents of 2 - 12 year olds)

Reducing anxiety and building resilience skills in 2 -12 year old children.

Held over 3 x 90 min sessions.

Thurs 22nd, 29th Oct & 5th Nov, 7 - 8.30pm.

Live webinar and face to face.

- **Private consults and courses available.**

Register for a course at

<https://www.behaviourtonics.com.au/parents/parenting-courses/>

[behaviourtonics.com.au](https://www.behaviourtonics.com.au)

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