

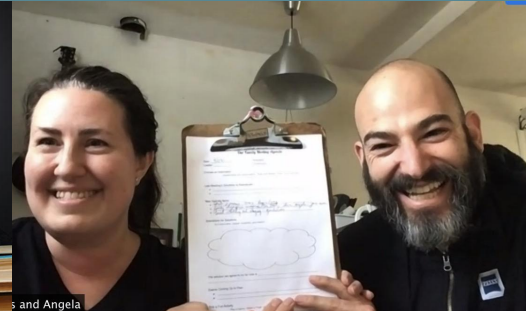


## Free Virtual Parent Workshop

HOSTED BY ST. DAVID  
OF WALES SCHOOL

**January 21st  
7-8:30pm PST**

with Parent Coach  
Vanessa Callaghan, MEd.



**5 Kind & Clever Ways  
to MOTIVATE children...  
with less rewards and  
punishments**



My Notes:

### Key Insights:

When we focus on **developing our own skills to win cooperation**, build a **positive rapport**, and become an inspiring **role model** and **mindset coach**, we can help our children build the resilience to strive and thrive and a **lifelong relationship** based on **mutual respect, love, and appreciation**.

# MY MOTIVATION NOTES

The hardest things about motivating my kid(s):



## 4 STEPS to Winning Cooperation



- 1) Get into the child's world.
- 2) Show understanding.
- 3) Share your real feelings and perceptions.
- 4) Work on a solution together.

Things I can do to develop a Growth Mindset:

## Intrinsic Motivation Notes

### I CARE

Interest

Competence

Autonomy

Relatedness

Effort