

THURSDAY, SEPTEMBER 28, 2023

Voice Lessons for Parents & Caregivers: What to Say, When to Say It & How to Listen

Wendy Mogel, Clinical Psychologist & Author

Most parents are adept and savvy communicators, even when mild tensions arise in relationships—until they're talking to their children. Addressing this growing challenge for families, Dr. Mogel developed a series of specific "voice lessons" for parents. Using humor and act outs, she'll share how a shift in vocal style, verbal content, and timing will lead children to listen more attentively, communicate with more enthusiasm, respect, and sincerity and cooperate with more alacrity. She'll reveal how each age and stage of a child's life brings novel opportunities to connect. And the heartening news is that parents can model and teach the foundational skills of communication starting at birth...or anytime beyond. Participants will leave with specific skills and strategies to use with children of diverse temperaments that span childhood and adolescence. *The recording of this webinar will only be available until December 31, 2023.*



Wendy Mogel, PhD is a practicing social-clinical psychologist, international public speaker, and *New York Times* bestselling author. Her parenting books include *The Blessing of a Skinned Knee*, *The Blessing of a B Minus*, and *Voice Lessons for Parents*. She specializes in the protection and promotion of self-reliance, resilience, accountability, and exuberance in children and hosts the popular podcast *Nurture vs Nurture with Dr. Wendy Mogel*. Her think pieces have appeared in publications including *Independent School Magazine*, *Parents Magazine*, *Camping Magazine* and *The New York Times*. She is frequently invited to weigh in on issues of the day by television and press including *The Today Show*, *The Chicago Tribune*, *The Wall Street Journal*, *Forbes*, *Newsweek*, *CNN*, and *NPR*. She has served on the scientific advisory boards of child-centered nonprofits and *Parents Magazine*. A graduate of Middlebury College, Mogel completed an internship and post-doctoral fellowship in psychology at Cedars-Sinai Medical Center in Los Angeles.

THURSDAY, NOVEMBER 30, 2023

How to Raise a Self-driven Child

Ned Johnson, PrepMatters & Author

Join author and expert Ned Johnson to learn why fostering a healthy sense of control is so important for children's intrinsic motivation, success, mental health, and happiness. Parents and caregivers will learn how to pivot from manager to parent consultant, how to be a non-anxious presence, and will leave with effective strategies to use with children raging in age from tots to teens.



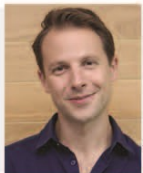
Ned Johnson is the founder of PrepMatters, an educational company that helps students succeed in high school and get into college. He has spent nearly 50,000 one-on-one hours helping students conquer an alphabet of standardized tests, learn to manage their anxiety, and develop their own motivation to succeed. With Dr. William Stixrud, Johnson co-authored *The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives* and *What Do You Say? How To Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home*. He is the host of *The Self-Driven Child* podcast and his work has been featured in *The New York Times*, *The Washington Post*, *The Wall Street Journal*, *NPR*, *BBC*, and many others.

WEDNESDAY, JANUARY 17, 2024

A Tour Through Your Child's Brain: Development, Technology & Learning

Jared Cooney Horvath, Neuroscientist, Author & Educator

From birth to adulthood, our children undergo many changes which can impact their behavior, cognition, and emotions. During this webinar, we will journey through the developing brain and track how it changes across the lifespan (with a special look at the teenage years). Participants will gain a better understanding of why our children act as they do and consider concrete ways to support them cognitively and behaviorally at home. We will explore the impact of technology on development and learning, and we'll learn three principles of learning to support our children as they study and learn at home. This webinar is for school-aged children, grades 1-12.



Jared Cooney Horvath, PhD, MEd is a neuroscientist, educator, and author of the best-selling book *Stop Talking, Start Influencing: 12 Insights from Brain Science to Make Your Message Stick*. He has conducted research and lectured at Harvard University, Harvard Medical School, the University of Melbourne, and over 750 schools internationally. Horvath has published six books, over 50 research articles, and his work has been featured in *The New Yorker*, *The Atlantic*, *The Economist*, and *PBS's NOVA*. He currently serves as director of LME Global, a team dedicated to bringing the latest brain and behavioral research to teachers, students, and parents.

TUESDAY, FEBRUARY 13, 2024

Talking to Youth About Heated Topics

Rosetta Lee, Seattle Girls' School

Young people bear witness to challenging or traumatic events in current events, media, and our local communities. They are often trying to process thoughts, feelings, and reactions without our explicit help and guidance—thereby increasing their confusion and anxiety. We adults have a natural instinct to protect our children from harsh realities while also preparing them to navigate this complex world—is it possible to do both? What are ways to talk about identity, differences, and justice in age-appropriate ways? How do you reinforce your family's values without instilling disrespect for other perspectives? How do you coach them toward authentic and respectful dialogue across differences? Engage in these questions and more. There will be time for Q&A. This webinar will focus on grades K-8, but will be applicable to all.



Rosetta Lee is an outreach specialist at Seattle Girls' School (WA), where she designs and delivers trainings for all constituencies of the school community, as well as schools, nonprofits, and businesses throughout world. She has been a diversity speaker and trainer on topics including cross-cultural communication, identity development, implicit and unconscious bias, gender and sexuality diversity, facilitation skills, and bullying in schools. Lee has presented at conferences and has worked with more than 450 organizations throughout the country. She has served on the faculty of the National Association of Independent Schools (NAIS) Diversity Leadership Institute, as well as NAIS' diversity think-tank cadre, Call to Action. She has a BA from Harvard University.

Webinar Details



2023²⁴
PARENT SERIES
A VIRTUAL PROGRAM

TUESDAY, MARCH 5, 2024

Growing Up in Public: Milestones of Growing Up in the Digital Age

Devorah Heitner, Author & Consultant

How can we help our kids navigate coming of age in a world where nearly every moment of their lives can be shared and compared? How can we help them navigate all the firsts? First Roblox playdate? First social media account? First phone? We can track our children's every move with apps, see their grades within minutes of them being posted, and fixate on their digital footprint, anxious that a misstep could cause them to be ostracized or even jeopardize their admission to college. How can they figure out who they really are with zero privacy and constant judgment? Heitner shows us that mentoring and not just monitoring kids will help us understand and support our kids, building our relationships with them, AND helping them be successful in digital spaces. This webinar is for parents and caregivers of elementary through high school children.



Devorah Heitner, PhD offers empowering advice on mentoring resilient and kind kids in our always-connected world. Her new book about navigating privacy and reputation, *Growing Up in Public*, investigates how we can help young people figure out who they are in a world where everyone is watching. Her previous book, *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*, was an Amazon bestseller and widely praised. Her writing has appeared in *The New York Times*, *The Washington Post*, *CNN Opinion*, and *Fast Company*, among others. Heitner earned a PhD from Northwestern University and has taught at DePaul University and Northwestern.

MONDAY, APRIL 15, 2024

Raising Resilient Children

Sheri Glucoft Wong, Family Therapist & Author

Olaf "Ole" Jorgenson, Author & Educator

The messages parents give their kids in everyday interactions shape their children's confidence and resilience. Parents often underestimate how patterns of homelife influence the ways their children handle the challenges that come their way—both big and small. The exchanges you have, routines you establish, and values you convey in your everyday parenting offer daily opportunities to support children's self-assurance and confidence. By recognizing those moments and making the most of them, you help your kids build resilience. This webinar based on the authors' new book—*Raising Kids: Your Essential Guide to Everyday Parenting*—will provide tools for parents with children of all ages (It's never too late!) to help them more effectively manage disappointment and limits, develop self-esteem, and navigate their social world. There will be time for Q&A.



Sheri Glucoft Wong, LCSW is a family therapist and school consultant who counsels and speaks nationally to parents, both in her own practice and at schools, medical and mental health centers, businesses, nonprofits, and religious organizations. She served as the resident parenting coach for Apple, Gymboree, and Genentech, and has trained health care professionals at the Stanford Medical Center and UCSF Benioff Children's Hospital. Wong lectures at universities including Stanford, U.C. Berkeley, and U.C. San Francisco, and has consulted with faculty at Yale University's Center for Emotional Intelligence. Her parenting advice has been showcased in the media, including *The Wall Street Journal*, *The San Francisco Chronicle*, and *The Huffington Post* and on a televised national satellite media tour on best parenting practices that reached over two million people across the country. She is the co-author of a newly released book *Raising Kids: Your Essential Guide to Everyday Parenting*.



Olaf "Ole" Jorgenson, EdD serves as head of school at Almaden Country Day School (CA) where he works with parents and is attuned to the prevailing needs, anxieties, and concerns challenging them today. He speaks and publishes widely, including dozens of conference presentations, journal articles, and three books, across a range of subjects in education and educational leadership. His recent work concerns the impact of excessive academic demands on student wellness. He is a field instructor for the Klingenstein Center for Independent School Leadership at Teachers College, Columbia University. His parenting expertise was included in *The New York Times* bestselling parenting book, *How to Raise an Adult: Break Free from the Overparenting Trap and Prepare Your Kid for Success*, by Julie Lythcott-Haims.

