

Making Connections

Parent Coffee Morning: Counselling
Team

Tuesday, September 10th, 2024



Who's in the room?

Who is new to Dubai this year? Who is new to Fairgreen this year?

Who is experiencing their first international move this year?

Who is very experienced moving internationally? (3+ international moves)

Who has been in Dubai and the Fairgreen Community for more than 2 years?

Plan for this morning

- Meet the Counselling Team
- Meet the Parent Hub
- International Transition Information and Research
- Guest psychologist: Amarylis Harris: Reverse Psychology:
Parenting with Compassion
- Make Connections

FIS Counselling Team

- ★ Kim Sharpe: Head of Counselling Department, works with Grade 3-5.
 - Been in Dubai for over 10 years
 - I have lived in Canada (French and English), Switzerland, Lebanon, and the UAE.
- ★ Carolina Barboza: Works with Pre K-Grade 2
 - Been in Dubai for 4 years
 - I have lived in Brazil, Turkey, Malaysia, China and UAE
- ★ Laura Dunderdale works with Grade 6-8
 - Been in Dubai for 7 years
 - I have lived in UK and UAE
- ★ Cheryl-Ann Weekes: Works with Grade 9-12
 - Been in Dubai for nearly 2 years
 - I have lived in many countries including US and Barbados
- ★ Donna Catapia
 - Been in Dubai for 6 years
 - I have lived in Philippines and UAE



Parent Hub - Mission + Values

The mission of the Fairgreen Parent Hub is to provide parent-community support and space for engagement through events and sessions to foster and grow community's connection, happiness and well-being at Fairgreen.

Our Values: Community Connection Care

To reach the Parent Hub: parenthub@fairgreen.ae

Join our Parent Volunteer WhatsApp Group!

<https://chat.whatsapp.com/FSgzalqqIVnJkPJYqR26ne>

What is a transition?
How are you feeling leading up to your move here?
How are you feeling now that school has started?

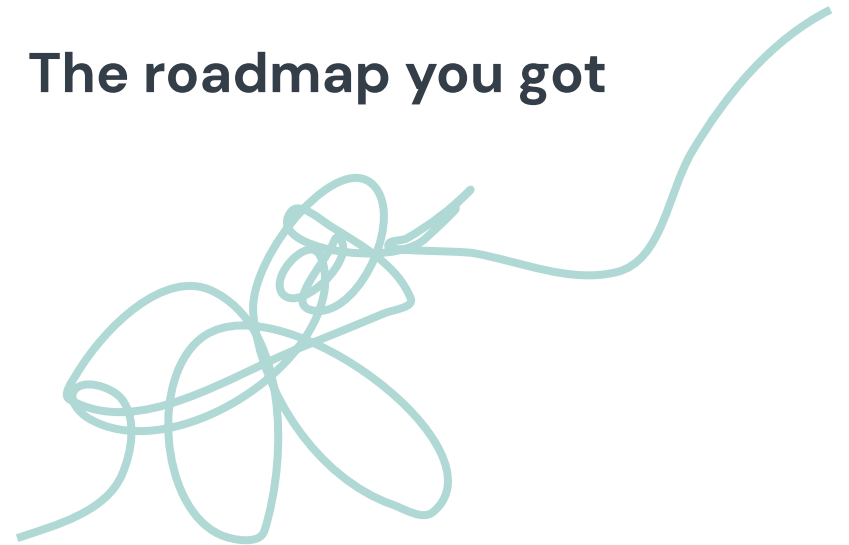
- ★ Growth and resilience
- ★ New opportunities
- ★ New connections
- ★ New lifestyle
- ★ New perspectives
- ★ Cultural awareness
- ★ Work/life balance

The Stages of Transition

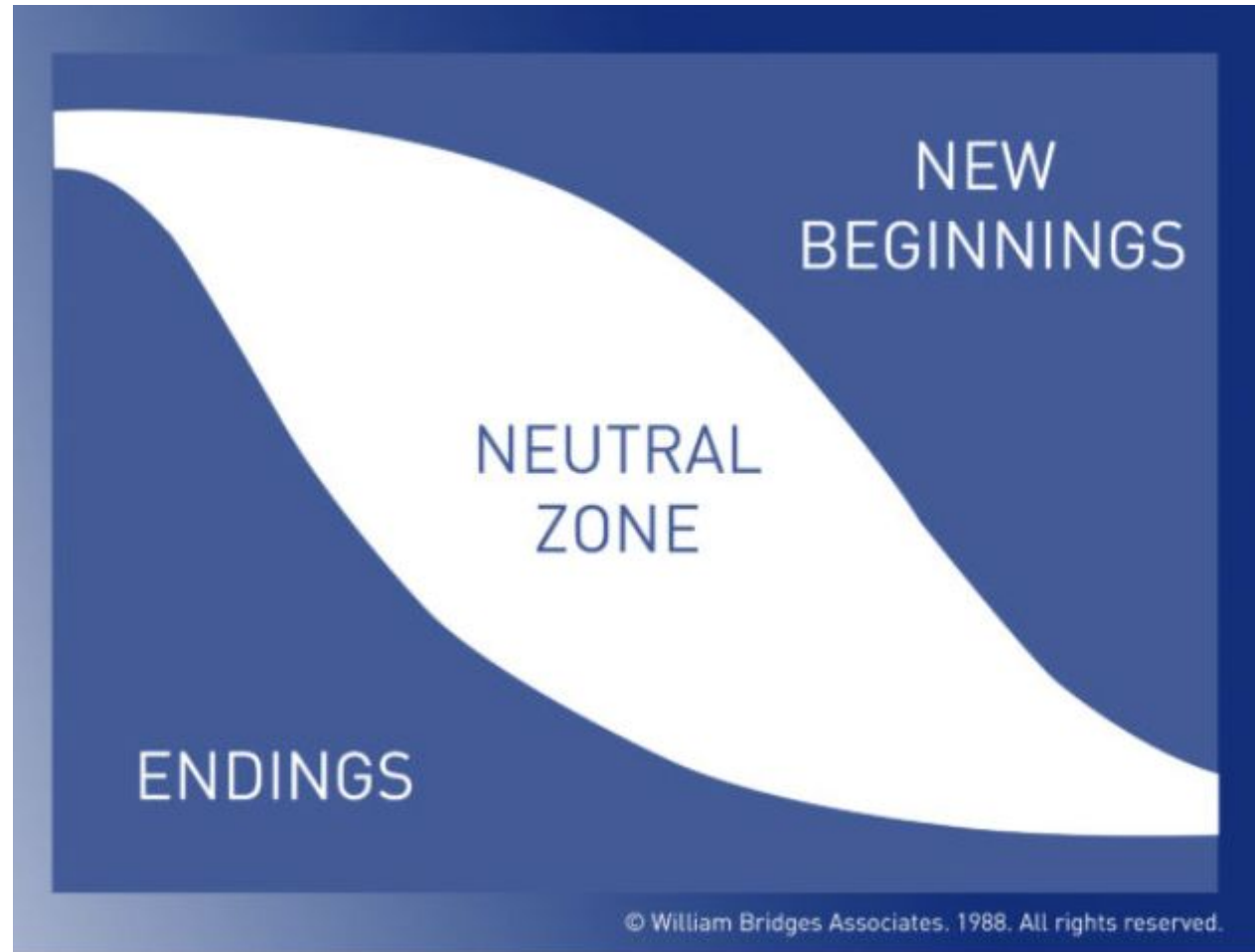
Involvement
Leaving
TRANSITION
Entering
Reinvolvement

Everyone in the family will go through these stages at different rates, and it's not always a simple forward direction for anyone

“No one in the family or community escapes the impact of mobility”



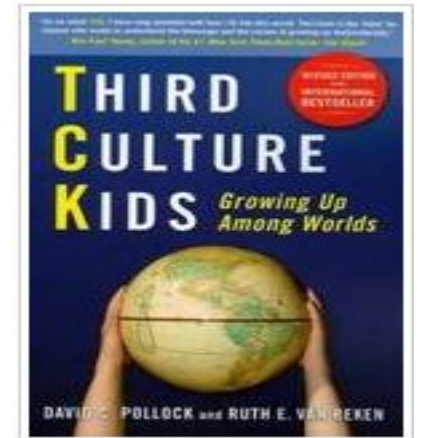
Mourning (conscious acknowledgement of) the loss of people, places and things (grief cycle) - Stage where sadness can hit



William Bridges:
Transition Model

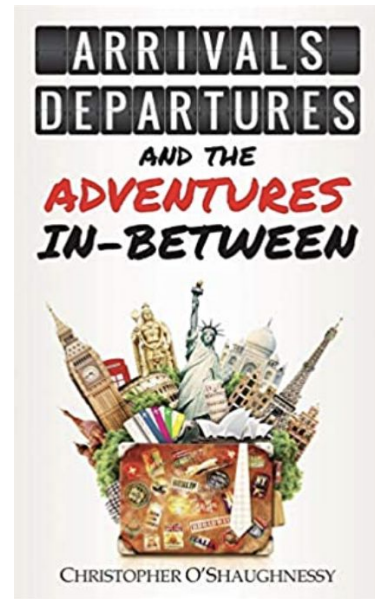
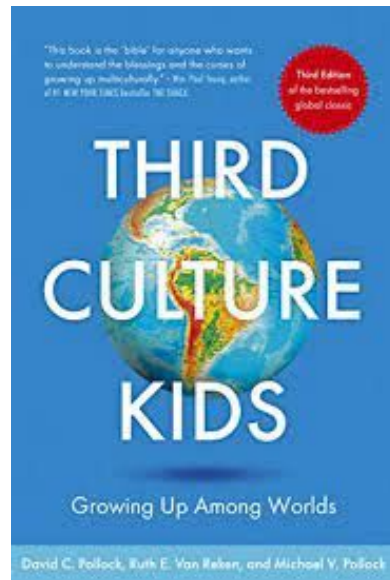
Creating a R.A.F.T.

- **R – Reconciliation**
 - Forgive and be forgiven
- **A – Affirmation**
 - Closure to respect and acknowledge relationships
- **F – Farewell**
 - People, Places, Pets, Possessions
- **T – Think Destination**
 - Where are we going? Benefits? Challenges?



Reconciliation-Affirmation-Farewell-Thinking Ahead

Resources for Parents



Third Culture Kids: Creating an identity
Strengths and Challenges as a TCK
-Chris O' Shaughnessy

Challenges that may arise

- ★ Cultural adjustment
- ★ Language barrier
- ★ Navigating bureaucracy
- ★ Housing and cost of living
- ★ Schooling
- ★ Change in climate
- ★ Transportation
- ★ Family dynamics
- ★ Social integration
- ★ Grief and loss


Connections and Wellbeing

- ★ Lower levels of stress
- ★ Improved mental health
- ★ Increased life satisfaction
- ★ A buffer for isolation and culture shock
- ★ Provides a sense of security, social identity, and a support system that can help individuals and families adapt more successfully to their new environment
- ★ As such, promoting and nurturing friendships within our international community is not merely a social endeavor but a investment in the psychological and emotional health of our parents and, consequently, the holistic wellbeing of our entire school community.

Transition Activity

- How do you think understanding your own transition journey can impact the way you support your children's transition journey?
- What strengths or challenges have you noticed during your own transition journey?
- What are the aspects of your transition journey that empower you?

:Padlet



Kimberly Sharpe

Parenting Favorites

Helpful resources for parents during the start of the academic year.
Please share your favorite resource here.

Reach out to us

School Counselling team

Kim Sharpe: ksharpe@fairgreen.ae

Carolina Barboza: cbarboza@fairgreen.ae

Laura Dunderdale: ldunderdale@fairgreen.ae

Cheryl-Ann Weekes: cweekes@fairgreen.ae

Donna Catapia: dcapatia@fairgreen.ae



Amarylis Harris, Psychologist at Reverse Psychology



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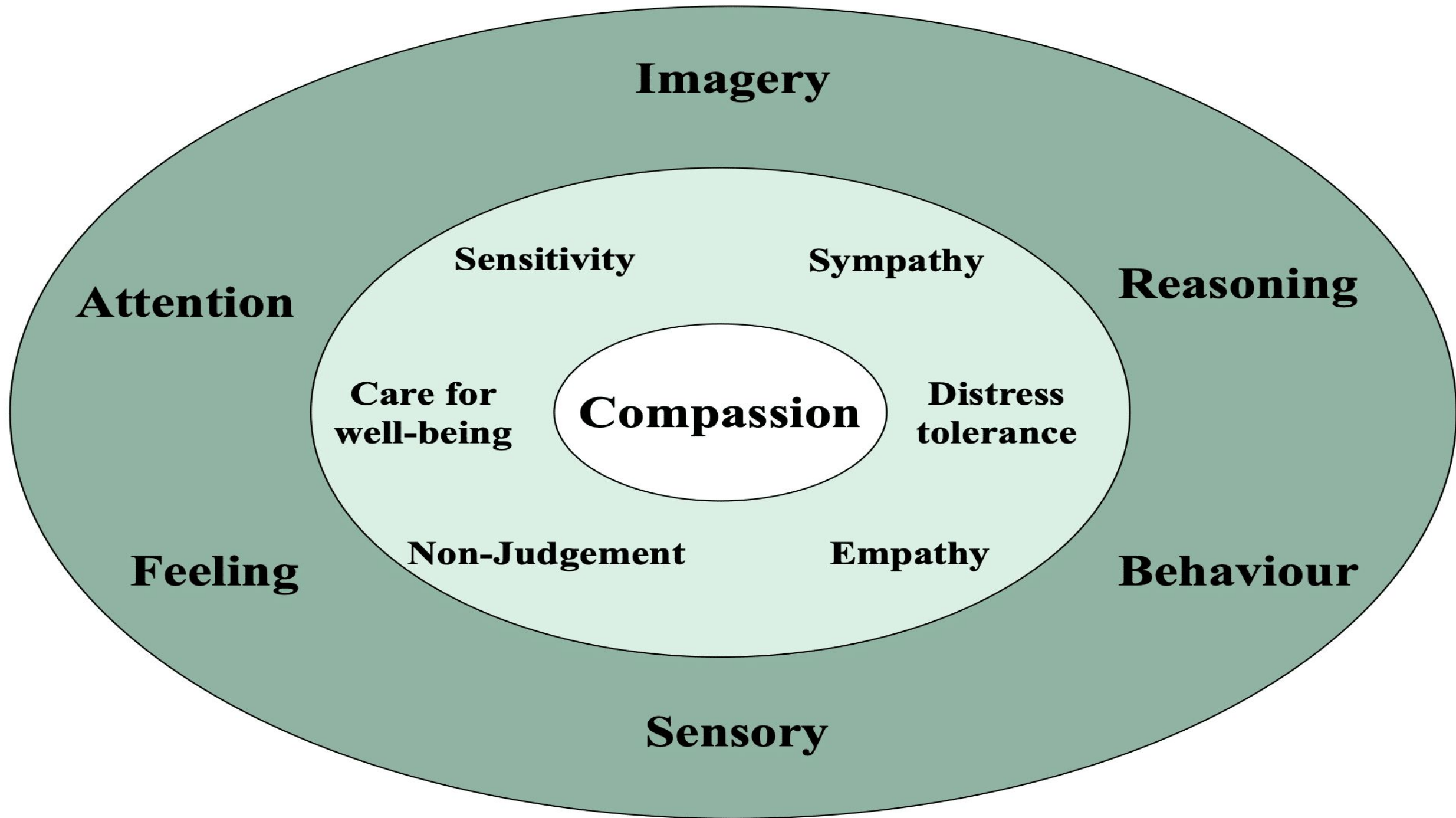
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REVERSE
PSYCHOLOGY

Understanding Compassion as a Motivational Drive

“Sensitivity to the suffering in
self and others with a
commitment to try to alleviate
and prevent it”



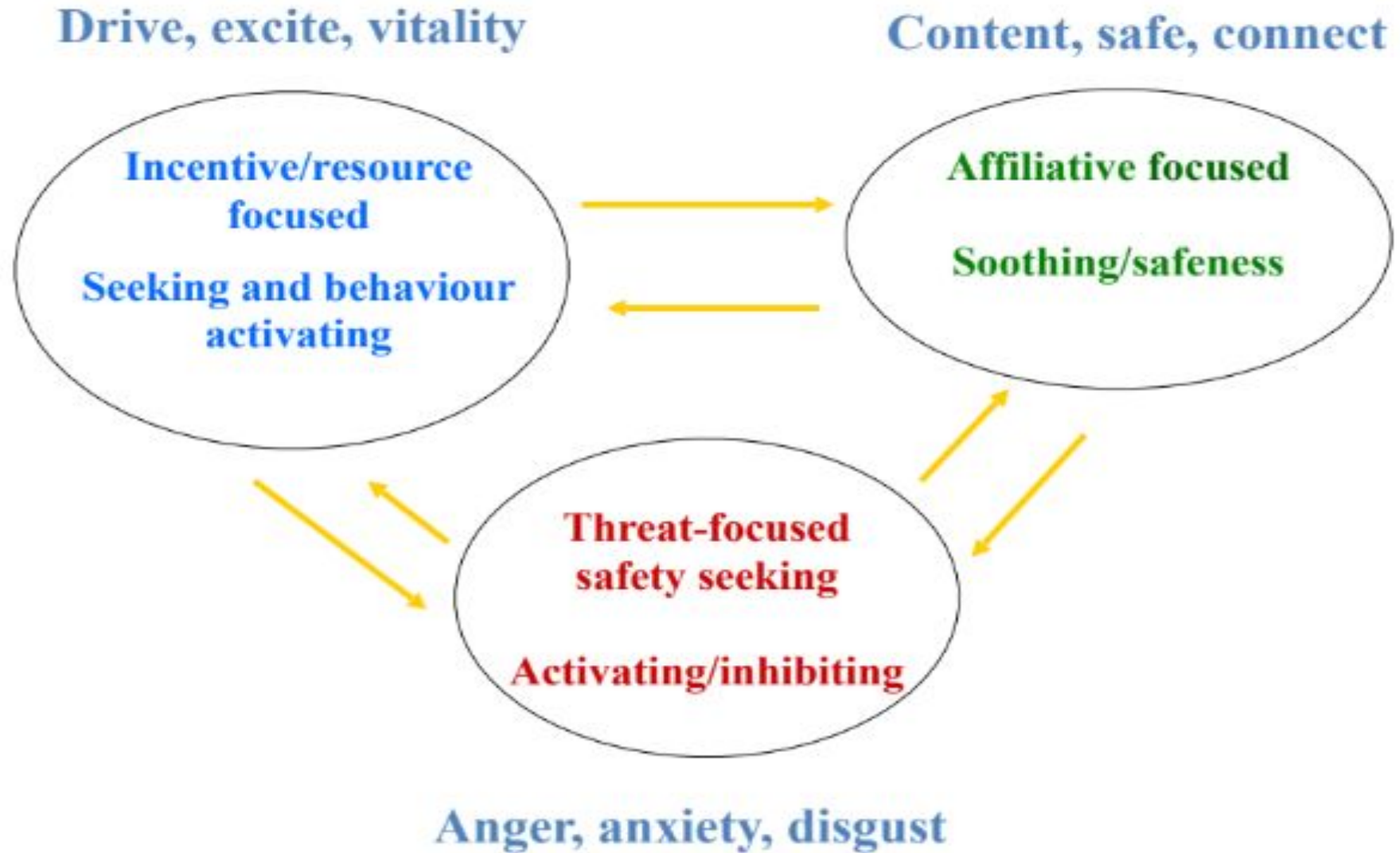
Compassionate Parenting, With Amarylis

Parenting with warmth and
wisdom, increasing
connection and attachment,
focusing on kind behaviours.

Parenting with wisdom means understanding what drives both our children's behaviours and our own.

Amarylis Harris

Types of Affect Regulator Systems



Compassionate Parenting, With Amarylis

Experiential Exercise...

Please take part with
curiosity!

Parenting Padlet



TCK Handout

