



THE NEUROBIOLOGY OF PARENTING

Developing a Child Who Thrives

Workshop with Lisa Dion, LPC, RPT-S

- COURSE DESCRIPTION -

Did you know when children act out their most problematic moods and behaviors, that's actually their incredibly wise way of communicating with the adults in their lives? In this course, Lisa Dion, licensed professional counselor and registered play therapist, will teach parents how to use the insights of modern neuroscience to better understand and shape their children's moods and behaviors, while developing their brains! Parents will learn what it takes to truly raise children that are not only successful in life, but thrive. They will learn how to understand what is happening in the minds and bodies of their children and what it takes to maximize brain and emotional development in their children and in themselves!

- DAY 1 -

- 🌊 Why understanding your child's nervous system will help you be a better parent.
- 🌊 Discovering powerful techniques to understand tantrums & misbehavior.
- 🌊 Learning to clearly understand what your child is trying to communicate when they're misbehaving.
- 🌊 Understanding anxiety, depression, addictions, & other emotional struggles in children & how you as the parent can support them.
- 🌊 Techniques to help your child manage their own nervous system & reduce problematic behaviors.
- 🌊 Identifying what is most important to your child & understanding where they will be most successful in their life.

- DAY 2 -

- 🌊 Easy to implement strategies to make you a more effective & attuned parent.
- 🌊 Powerful experiential exercises to help you deal with the challenges of parenting.
- 🌊 Learning & practicing various mindfulness techniques (breathing, meditation, Qigong & Taichi) to help you unwind, have fun, manage your emotions, master your mind & enhance your life. This session is lead by Peter Bliss.
- 🌊 A more in-depth understanding of the family dynamic, how to work with fears that come up as parents, how to let go of judgement, guilt and shame as a parent, how to communicate effectively with your children.



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- THE COURSE -

In this course, Lisa makes the growing field of neuroscience accessible and relevant to parents of all backgrounds. This course caters to both experienced and new parents, and will help parents manage toddler tantrums, teenagers getting in trouble, or just the everyday stresses of parenting. Parents will leave this course with a powerful new perspective on parenting.

- HOW IS THIS DIFFERENT THAN OTHER PARENTING COURSES -

This course focuses on the role of Neurobiology and is thus scientifically-backed. Many parenting classes and books have not yet integrated this new and extremely important research. Lisa Dion, a licensed counselor and extremely skilled presenter, simplifies this research into easy to implement parenting tips and techniques.

“Lisa offers a refreshing approach to understanding our children’s moods and behaviors that transcends labels and judgment. Rather than presenting quick tricks to get your child to do something, Lisa’s program offers a deeper solution: to foster self-awareness and skills as a parent to be able to respond to our kids in ways that develop their capacity for emotional intelligence, regulation and resilience. This program should be required for all parents as a foundation for not only raising healthy, connected and compassionate children, but also for shaping the next generation.” ~ Dan Panzarella, MA. LPC.

“In her Parenting Course, Lisa offers a cutting edge perspective on behavior by focusing on the brain and nervous system. She has an amazing ability to translate neuroscience into terms and concepts that are easy to understand and apply. Lisa invites parents into a process of reflection as they discover more about themselves, their child and their relationship. Parents are given permission to be themselves as they tune into their own internal wisdom, while also learning about the incredible wisdom within their child’s behavior. Lisa offers concrete strategies to better understand children’s moods and behavior as well as ideas to support them during challenging moments. This parenting course creates the opportunity for a truly transformative experience in relating to your child.” ~ Kim Buller, Certified SPT Therapist

LISA DION, LPC, RPT-S

Lisa is an international teacher, creator of “Synergetic Play Therapy”, clinical author and researcher, and is the founder and President of the Play Therapy Institute of Colorado. Lisa Dion is a pioneer in the field of play therapy bridging the gap between play and biology. Her unique perspective allows her to get right to the heart of the struggles that children present and as a result has had the privilege of impacting and influencing hundreds of professionals and parents all over the world with her teachings and has helped transform the lives of thousands of children. Lisa is the host of the “Lessons from the Playroom” podcast and webinar series and is the author of Integrating Extremes (re-released as Aggression in Play Therapy by Norton Publishing in 2018). She is the 2015 award recipient of the Association for Play Therapy’s “Professional Education and Training Award of Excellence”



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PETER BLISS

Peter is best described as a life change facilitator and Mindfulness expert. Using a range of techniques based on ancient philosophies, combined with the latest in neuroplasticity and epigenetic science-based research and his own corporate experience, Peter helps both individuals and businesses gain focus, clarity and direction.

Today, Peter is an international key note speaker and executive coach, a skilled Mindfulness, Meditation and Qigong teacher, an accredited Demartini Method facilitator and a father of 5 children. For almost 15 years, he has been delivering original, uplifting and dynamic workshops, presentations, meditation classes, business consulting services and one-on-one mentoring sessions designed to help others discover the “bliss” in their lives and their business, and reach their potential.

Peter is dedicated to teaching people how to find true meaning, purpose and fulfilment in their lives by connecting and being their authentic self.

- EVENT DETAILS -

Sunday 5th August - 6 hours tuition (9am - 4pm)
Monday 6th August - 5 hours tuition (9.30am - 2.30pm)

- VENUE - IEU

485-501 Wattle Street, Ultimo.
10 mins walk from Central Station. Nearest parking at Broadway Shopping Centre

- INVESTMENT -

\$495 for both days, early bird \$420 (15% discount) if register before 30th June.
\$270 for Sunday only, early bird \$230 (15% discount) if register before 30th June.
\$225 for Monday only, early bird \$190 (15% discount) if register before 30th June.

- TO REGISTER -

www.businessisbliss.com.au/workshops
Lunch is not provided, please bring your lunch and snacks.
Please bring a jumper as the room can be cool.

- INVITATION -

Please pass on this information to your friends who are parents or teachers as they will benefit from this workshop.

- PLEASE CONTACT -

Mai Mai Lin with any questions
maimai@inspiringeducation.com.au // 0413 617 337.



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