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Expert in Expanding  
Emotional Intelligence

Presents

# Emotional Intelligence in Parenting

Through Self Improvement Plan



Experiential Learning Two Days Course Designed and Developed By

**Dr. Vipul Vyas**

Ph.D.(Emotional Intelligence) , MBA

HR Facilitator and Life Coach,  
Family | Corporate | Academic

Mumbai.



Kerala Management Association, Cochin



Technopark, Thiruvananthapuram

### Learning Objective

- ▶ Value of life as an opportunity
- ▶ Practical training to develop Self Awareness
- ▶ Tips for building Self Management, Social Awareness, Relationship Management, Self Confidence, Self Motivation and Empathy
- ▶ Choosing and Applying emotions at Family
- ▶ How to reduce negative emotions and convert them to positive
- ▶ How to discipline and develop children
- ▶ How to help children; regulate emotions and develop good habits



“Every parent should remember that one day his children will follow their example instead of their advice.”

“The most important thing a father can do for his children is to love their mother, and the most important thing a mother can do for her children is to love their father.”

# *Common mistakes made by parents*

## **1. Not getting knowledge of child psychology and time for self development**

A little self-rejuvenation goes a long way. Parents need to be emotionally literate.

## **2. Using discipline methods that don't work**

Spending a little time to learn about more effective ways to discipline your children so they cooperate more easily can create loving atmosphere and save from a lot of frustration.

## **3. Not responding to the underlying reason for their child's misbehavior**

Reacting to the behavior rather than understanding the "root" of the misbehavior. Think about what your child may need that they're not getting.

## **4. Show conditional (or seemingly conditional) love**

Parents wound a child psychologically when they appear to show love and concern only when child performs well in school or when child's well behaved. Children need to know that their parents' love is unconditional.

## **5. Compare child with brother / sister or with other children her age**

Every child is unique, so child shouldn't be made to feel as if child's living in the shadow of someone else.

## **6. Praise children for ability, instead of child's effort**

Praising the children for their commendable effort will encourage them to develop new skills and try out new things, instead of doing only the tasks that they have already proven their aptitude in.

## **7. Attempt to achieve their unfulfilled dreams through them**

Many parents live vicariously through their children. This can, however, be unhealthy. Parents who force their children to study certain subjects or pursue certain careers—against their wishes—can cause them to become angry and resentful.

## **8. End arguments by saying "I know what's best for you"**

Parents use this phrase as a kind of trump card, but it's hardly ever effective. Instead, parents should express how much they love and care for their children, all while stressing the fact that choices come with consequences that they will have to bear.

## **9. Shield them from challenges and discomfort**

It's completely natural for parents to do this, but it usually isn't best for the child's long-term development. Challenges, discomfort and struggle are necessary for them to find enduring success.

## **10. Not helping children deal appropriately with their emotions**

Children have a full range of emotions. They get sad, angry, jealous, frustrated and want things – just like adults. However children don't always know what emotion they are feeling or how to deal with it appropriately. Parents need to help their children label their emotions

## **11. Allowing poor habits to develop**

Children whose parents can understand the bigger picture of the healthy attitudes they are instilling will be more successful in helping children to make wise choices. Many parents fail in the basics by allowing their children to do things they know are not good for them.

## Benefits of attending workshop

- ▶ **Empathy** – Correctly perceiving others and dealing with better ways
- ▶ **Self Awareness and Self Regulation** – leads to handling of stressful situations on the professional, family and personal front
- ▶ **Self Motivation and Self Confidence** – to have more efficiency in work and in life.
- ▶ **Inter-personal Relationship** – Harmony and cooperation for better productivity and joy at workplace and at home
- ▶ **Spiritual Awareness** – Experiencing intense self inquiry and sensitization towards higher purpose of life
- ▶ **EQ Score** – Parents will get to know where they stand with respect to their EQ score

## Why this workshop is important?

Gottmans research shows that parents that consistently practiced Emotion Coaching with their children, resulting in children having better physical health and score higher academically than children whose parents that don't offer such guidance. These kids get along better with friends, have fewer behavior problems and less prone to acts of violence. Over all, children raised with Emotion Coaching experienced fewer negative feelings and more positive feelings resulting in being more emotionally healthy.

Emotional Coached children still get angry, sad, anxious or fearful in difficult circumstances, but they are better at soothing themselves and can bounce back from distress and move forward with productive activities.

Remember, you can only give what you have. So if you don't give yourself the space and time to renew your knowledge of adult psychology & child psychology, rejuvenate and refresh yourself, how can you continue model yourself for your kids? If you're a parent and you find yourself exhausted and frustrated more often than not, then you need to get some time to rejuvenate.

This workshop is one of most effective ways, to improve parent's emotional intelligence and equip them to display a model behavior to raise their kid's emotional intelligence.

## Who Should Attend ?

- ▶ Parents (Preferably Mother & Father both should attend)





Corporate Participants of Emotional Intelligence course at Bombay Management Association on 11<sup>th</sup> Jan., 2013 (above photograph) and on 7<sup>th</sup> August, 2013 (below photograph) with Dr. Vyas.

The written feedbacks from all the participants have two comments in common:

- 1) Strong recommendation for this training
- 2) Wanted to join more training of Dr. Vyas



## Know your facilitator

Dr. Vipul Vyas has more than 15 years of professional experience as HR facilitator and Life Coach. He has trained more than 4000 professionals from Private sector organizations as well as PSUs (including IPS officers), in various cities across India. Dr. Vyas is also on the panel of resource persons with 8 universities in the 5 states of India. He has served as an academician for 14+ years. His corporate workshop is highly successful and truly inspiring workshop is a product of many training workshops he has conducted and his own doctorate study.



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### Contact Us

Phone : +91 900 40 432 97

Email : [mann.the.mind@gmail.com](mailto:mann.the.mind@gmail.com)

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