



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

WORKSHOP

EFFECTIVE COMMUNICATION
WITH CHILDREN AND TEENS

IMAN K. SLEIMAN

Founder / Managing Director

www.soothing-hearts.com



Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.



Effective Communication with Children and Teens

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Soothing hearts workshop

Overview: This engaging workshop is designed to equip parents, educators, and caregivers with effective communication strategies to connect with children and teens. Participants will learn how to foster open dialogue, validate feelings, and build trust.

Objectives: Participants will:

1. Understand the importance of effective communication with children and teens.
2. Learn practical strategies to facilitate open and honest dialogue.
3. Discover how to validate feelings and build trust.
4. Gain insights into age-appropriate communication and active listening.

Structure:

- Session 1: The Importance of Communication: Understanding its role in building relationships.
- Session 2: Strategies for Open Dialogue: Techniques to encourage open and honest conversation.
- Session 3: Validating Feelings and Building Trust: Learning how to empathize and build trust.
- Session 4: Age-appropriate Communication and Active Listening: Adapting communication styles to different ages and practicing active listening.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop handbook with key insights, strategies, and additional resources.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Educators, Caregivers, and anyone interested in improving communication with children and teens.



"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.






"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman






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