



# SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

## WORKSHOP

SIBLING RIVALRY: NAVIGATING  
CONFLICT AND FOSTERING HARMONY

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## 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.



# Sibling Rivalry: Navigating Conflict and Fostering Harmony

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## Soothing hearts workshop

**Overview:** This insightful workshop is intended for parents, caregivers, and educators who want to understand sibling rivalry and learn effective strategies to manage it. Participants will explore the root causes of sibling rivalry, recognize its signs, and gain strategies to promote healthier relationships among siblings.

**Objectives:** Participants will:

1. Understand the root causes and dynamics of sibling rivalry.
2. Learn strategies to manage sibling rivalry effectively.
3. Understand how to foster healthier and more harmonious relationships among siblings.

**Structure:**

- Session 1: Sibling Rivalry Uncovered: Understanding the dynamics and root causes of sibling rivalry.
- Session 2: Recognizing Sibling Rivalry: Identifying the signs of sibling rivalry and understanding its impacts on family dynamics.
- Session 3: Managing Sibling Rivalry: Practical strategies for managing conflict among siblings and promoting fair resolution.
- Session 4: Fostering Harmony: Techniques to encourage positive interactions and build stronger relationships among siblings.
- 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 guidebook containing key insights, strategies, and additional resources for understanding and managing sibling rivalry.
3. Access to an online forum for continued support and knowledge sharing.

**Duration:** 5 hours (divided over multiple days)

**Audience:** Parents, Caregivers, Educators, and anyone interested in promoting healthier sibling relationships.





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

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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.





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*"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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# CONTACT US

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