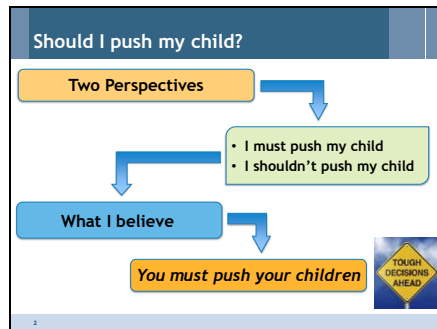


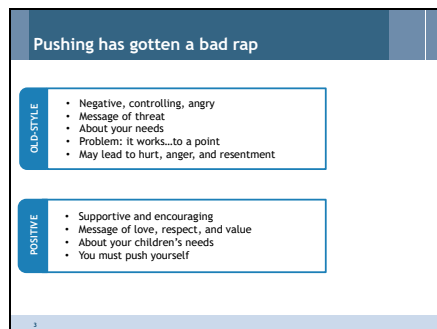
Slide 1



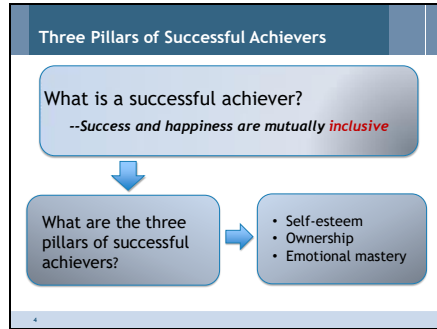
Slide 2



Slide 3




Slide 4



Slide 5

Self-esteem

- What is self-esteem?
 - Misunderstood and misused
 - Love and security
 - Sense of competence and control



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Slide 6

Self-esteem

EXPECTATIONS	<ul style="list-style-type: none"> • Two expectations you shouldn't set: ability and outcome • Expectations vs. goals • Outcome vs. process goals • Two expectations you should set: effort and value
FEAR OF FAILURE	<ul style="list-style-type: none"> • Meaning attached to failure • Three ways to avoid failure • Total failure vs. total success • One emotion and question to avoid
PRAISE	<ul style="list-style-type: none"> • Most common praise phrase? • Competence comes from doing, not saying • Don't praise ability; make it controllable • Simply state what they did • Ask questions • Don't say anything

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Slide 7

Ownership

- WHAT IS OWNERSHIP?**
 - The connection that children have for their activities
 - It's a gift you give them
- RED FLAGS**
 - Overinvest in your child
 - Focus on results
 - Your emotions
 - "We" syndrome
- CREATE OWNERSHIP**
 - Maintain perspective
 - "No superstar" assumption
 - Don't micromanage
 - Do your job
 - **Get a life!**

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Slide 8

Emotions

- KEYS TO EMOTIONS**
 - Common emotions that children feel
 - Where do children learn about emotions?
 - What is emotional mastery?
- RED FLAGS**
 - Emotional overprotection
 - Extreme or out-of-control emotions
 - Fear of failure
 - Unhappy successes
- DEVELOP EMOTIONAL MASTERY**
 - Know your emotional baggage
 - Allow your children to feel all emotions
 - Emotional coaching
 - Be real about emotions
 - Don't forget the positive emotions

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Slide 9

Raising successful achievers

- Greatest obstacle to good parenting?
 - fatigue
 - expediency
- Be the parent
- Be a positive, active, conscious force
- If all else fails...

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Slide 10

From an outside-the-box parent

Most people think it's wrong to spank children, so I've experimented with other strategies to calm my son when he has one of those "moments."

One that I found very effective is to take him for a car ride. He usually stops misbehaving quickly after our ride together.


I've included the photo in case you wanted to try out this technique with your children.

I can assure you that it's very effective!

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Slide 11

Not recommended in my book!



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Slide 12

Thank You!

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