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## Workshops for Parents

Many workshops are designed as per the request of the client. Having said this, we have tailored a number of the workshops listed and have been presented to students, teachers, auxiliary staff and School Board of Trustees.

Let us know if we can customize a particular workshop for you!

This booklet lists a few of the workshops that have been implemented with success.

We thank you in advance for taking a look at what we offer and are happy to be given the opportunity to serve you virtually and in person when applicable!!!



**Aurora Anaya-Dyer** is an educator teaching social emotional -whole brain learning by using strategies and techniques learned throughout years of attending workshops and intensives. Mrs. Anaya-Dyer taught Special Education, Head Start, Pre-Kinder thru grade twelve. She has also served as a counselor at all grade levels and has been an administrator; coordinator for Partners in Education, Executive Director for the Superintendent of Schools and Project Director of The 21<sup>st</sup> Century Community Learning Centers. Ms. Dyer holds a Bachelor of Science in Education, Early Childhood Endorsement, and two Masters of Science Degrees. Ms. Anaya-Dyer established her **IMA** Company where she has served families and businesses in a variety of ways to include personal counseling, staff development and parental involvement workshops. She keeps learning and is certified under CJEA, Creative Journal Expressive Arts to include a Visioning® certificate. Ms. Anaya-Dyer has worked in a variety of places to include Universal Studios, IBM and The Sports Med Centre in Los Angeles, California. She was a local radio disc jockey and was charged with planning special events, local, state and national conferences.

### ★ Career Planning

This is an introductory workshop for parents to learn about how best to help their children choose a career of choice. Values, interests, personalities are all part of career exploration. Helping children make informed decisions will lead to a more productive and fulfilling career. This workshop will help parents guide their children towards academic preparation as a starting point in transitioning to college and career choice.

### ★ House Bill 5

The new graduation requirements aligned to the new Collage/Career Readiness Standards. Parents will have a better understanding of why they need to support their children academically to help them prepare for their high school degree plan and beyond. The rigor in which they will have to prepare for the world of work will be presented with today's labor market trends.

### ★ College/Career Readiness

A side by side comparison of today's graduation requirements and Texas College/Career Readiness standards will illustrate the rigor necessary for today's work expectations. Knowing the importance of early planning is vital to the process of understanding subject selection to prepare for the rigors of college expectations. Scholarship opportunities exist for those students with a well-prepared academic preparation in high school. A well-rounded education will attract a more diverse menu of college and career choices. Career and technology programs along with the academic core subjects are essential to a well prepared student. Working in teams, learning how to communicate effectively, dressing for success and preparing for an interview. All are presented to keep up with current trends and expectations in the business world. One can begin planning for a brighter and happier life as a student and employee.



### ♥ Education/Training Equals \$\$\$\$\$

The Bureau of Labor and Statistics (Department of Labor) clearly identifies fastest growing careers, potential earnings, education/training requirements, geographical areas for specific occupations, college majors, and more.

Knowing beforehand what it will take to complete a training program and the likelihood of landing your first job based on career choice will save time and money.

### ♥ College Entrance Exams

Tips on planning and preparing for college entry exams. Strong indicators for college success include grades, work ethic, planning and organizing skills as well as identifying the right major. Passion, desire, and commitment are driving forces based on one's interest, aptitude, and personality.

## Workshops provided by IMA are researched based Let us customize a Workshop for You!

The sessions described below are to help parents with an overall healthy home, help maintain and create healthy schools and community. These are fun, introspective and educational sessions that will range in a variety of topics that may be sensitive in nature, but handled with care, respect and professionalism, parents will be equipped with tools to help their children and youth.

Participants in these workshops will be able to reflect and journal, read, dialogue, role-play and construct a project that may be presented by the parents in classrooms (depending on principal's consent) with the guidance and assistance of a facilitator from IMA.

Pre-requisite workshops: Brain Functions and Sub-Personalities using writing techniques.



## Workshops

### ♥ Who Am I? Who are we as a family?

Who am I, What do I believe in and where do I belong are questions that we need to answer as parents to help families form a strong sense of self. It is without saying that personal identity is key to having youth be personally responsible in school while making personal choices in life. Parents will learn how to help their youth in avoiding risk behaviors such as experimenting with drugs, alcohol, sexual relationships and engaging in gang activities. Encouraging good grades and post-secondary education.

### ♥ Dealing with Change in the Home

This fun, introspective and hands-on workshop addresses how people handle change and explores new and healthier ways to deal with it. Participants are guided through a series of activities and story telling that helps diffuse fears and anxieties when dealing with change and to be more accepting of change as it occurs promoting success in academics.

Redirecting Behaviors using Recognition and Praise

Teaching children/youth through praise and recognition is an effective tool that parents will be able to learn and apply in their home. Parents will resort to tools learned to be effective leaders at home and encourage their children to be responsible and academically successful.

### ♥ The 16 Career Clusters/Career Pathways

The 16 Career Clusters and Career Pathways can lead to a more rigorous selection of courses to prepare in the selection of their college major. Activities presented will show how students can navigate the process of knowing your strengths, personality traits, and interests. Identifying entry level jobs leading to job growth can best be understood as they see Career Clusters identified by the National Education Agency. Similar characteristics in certain occupations have been identified so that students can maximize their full potential for a career of choice.

### ♥ What are Your Personalities?

An individual's personality can impact one's selection of a major in college or technical school as well as identify occupations that allow for the individual to grow and thrive. This research based process clearly aligns academic as well as technical and soft skills to success in college and beyond.

### ♥ Identifying and Setting Goals

Why are setting goals so important? We will discuss realistic goals as well as long term vs. short term goals. Goals will help one stay focused. Acknowledging and celebrating small achievements will lead to bigger and more challenging achievements. Persistence, positive thinking, work ethic, flexibility and grit are all part of our discussion leading to a brighter and happier future.



## Fred Anaya



Mr. Fred Anaya has forty years in public education. Certified in: Principal-ship, Counselor (K – 12), Vocational Counselor, Certified Manager for Program Improvement through Pro-Literacy, and Business Teacher.

Retired Principal, Director, Dean of Students, Counselor, Curriculum Specialist, Business Teacher, Varsity Basketball Coach, and El Paso Community College Instructor. Areas of Specialization include but not limited to:

- ♥ **Positive Energy at home and the workplace**
  - Professional Learning Communities
  - Adaptive Schools
  - Cognitive Coaching
- ♥ **College/Career Readiness (Texas Standards)**
- ♥ **Preparing for a Successful Career**
  - Academic Preparation
  - Technical Skills
  - Soft Skills (Resume, Interview, Portfolio development)
- ♥ **Career Planning**
  - Personality
  - Aptitude
  - Interests
  - Values
  - Work Ethic
  - Mentorship
- ♥ **Adult Education**
  - GED
  - Transitioning to Postsecondary Education/Training
  - ESL

### ♥ **The Golden Rule**

This rule can be found around the world in every culture. What does it really mean? Through the use of the actual story by Ilene Cooper, we will discuss the importance of its' principle and how to conduct homes using the Universal Values and reinforcing Character Education in the home that will help their children behave well in school, college and the workplace.

### ♥ **How to Communicate with My Children/Young Adults**

Today's challenges of working more than one job, single parenting and an overall tough economy, children and teens are self-directed in the home. It is critical for parents to keep communication open with their children and teens. Parents will learn how to have better dialogue with their children, youth and young adults. They will establish a plan for the functions of the home and for the future and to maintain academic success in school.

### ♥ **I Say No because I love you!**

Having to say "NO" is healthy and necessary for the safety of our youth. "No" equals love and" No" equals setting healthy boundaries for feelings of security, a well- balanced home environment and developing youth who will learn self-control and self-respect.

### ♥ **Recovery of My Inner Child "Inside every adult, there is a child crying, Let me out."**

Participants will learn how to work out the difficulties that have transpired in their own life. Parents will understand how not to repeat the same undesirable behaviors of their parents. It is time to look inside and workout those old negative habits that have been formed in order to be able to acquire better parenting skills. Book: Recovery of Your Inner Child by Lucia Capacchione, Ph.D. This is a ten-week course.



## ♥ Self Esteem for Me, Self Esteem for My Children

When parents' self-confidence is healthy, the family functions better and children and youth develop a strong sense of self. It is imperative that parents learn that maintaining a healthy outlook and perspective will filter to the rest of the family resulting in better grades and a healthy home environment.

## ♥ Bullying and Cyber Bulling

Bullying is a growing concern that leaves students and parents feeling frustrated and not knowing what to do and what the law dictates. Parents will learn what steps to take in order to avoid bullying for their youth. Whether their youth is a bully or the victim, parents will have a better understanding of how they can help. Key is to not let bullying begin.

## ♥ Teaching through being positive and empowerment

Parents will learn the importance of being positive and teaching their children and youth about making good decisions to avoid bullying, focus and concentrate on school work and how to live your best days in school while learning. Values of kindness and leadership will be taught for academic success.



## Recent Workshop Topics

### ♥ Providing Academic Structure in the Home

Parents will learn the importance of having structure in the home for chores, homework, reading and more. This will lead to better grades in school.

### ♥ The Importance of Early Literacy and Literacy for Life

Parents will be able to teach their children the value of literacy through the use of books, magazines, newspapers, recipes and story-telling and more. Reading is most important for academic success in school and for life.

### ♥ Brain Functions

What learning the two hemispheres of the brain and how important it is to balance the brain. Parents will have fun and will take home invaluable information on how our brain affects our decisions throughout life.

### ♥ Teaching and Modeling Holistically

The importance of teaching children and youth how to manage their emotions to be successful academically and in life.

Workshops are research based and are implemented with project-based learning engaging learners to have hands on activities...

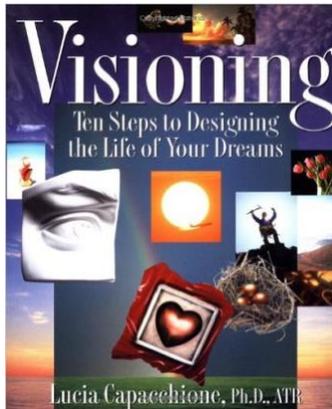
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## ♥ Visioning®

Ms. Anaya-Dyer learned from author Dr. Lucia Capacchione, Ph.D., ATR and holds a special certification to be able to offer this workshop. A ten step program in designing the life of your dreams—This is the workshop that will help parents learn how to teach their children to set short and long term goals. The focus is to keep a “vision” ahead for what needs to be designed, good grades, a healthy life, making good friends, signing up for the classes that will lead their children on the right career path.



## ♥ Bitter or Better? How to Respond to Tough Challenges

Every day is filled with teachable moments. When youth see parents being proactive, that child/teen is learning to problem solve in a positive manner. Participants will learn to focus on the benefits of being proactive and how to problem solve effectively. This will help their children continue with school work being productive and successful in their grades.

## ♥ Being a Parent, Not a Friend; Friendly Parenting

Parents Feeling guilty about not being able to spend more time with their children or teens has resulted in a big dilemma amongst families. In order to compensate, often times, parents allow certain activities or at-risk behaviors to take place in the home. Friendly parenting can be effective and fun while maintaining respect for all in the home.

## ♥ College Ready and World Ready

This is the session where parents will be inspired and motivated to make sure they are encouraging their youth to attend a college or university (reinforcing what counselors teach students) to be able to better prepare our youth for the world; making them College Bound-World bound. We now offer a wide array of career planning workshops—read on further!

## ♥ Discipline: Good Word or Bad Word

The good word is that discipline is equaled to love, caring, concentration, focus and good parenting. Participants will learn what a difference it makes to have a plan for activities and schedules to be able to run a better household and help model for the family. Integrating discipline in a variety of situations such as chores and responsibilities for kids holding them accountable for their actions will earn them rewards for their good behavior and earning their best grades in school.



### ♥ Wellness and Nutrition

Participants will learn how to skim the fat, bake instead of frying foods for a healthier life style, eating in moderation, introducing more fruits and vegetables making eating fun for everyone to enjoy.

Participants will be encouraged to take their children on nature walks—Let's move for fun and good exercise to help brains develop for academic success and optimal health.

### ♥ Exercise is Good for the Heart and Brain

Get those endorphins working for better problem solving and improving academic performance. Participants will better understand the importance of exercise for better health and a healthy mind, heart and spirit. It is essential for participants to know that they are the role models for youth in maintaining a healthy mind, body and spirit.

### ♥ Crisis in the Home? Resiliency is the Key

Participants will better understand that in a time of crisis or conflict one needs to be a leader through resiliency. Participants will learn how to work with strategies to maintain calm, look for the good in any situation and be proactive in decisions. Giving their children these tools, will enable them to handle challenging times and maintain good grades in school.

### ♥ Homework in the Home

Often times parents' feelings of frustration because they do not have the knowledge or skills to help their children with homework. In this workshop, parents will learn how they can provide a work area with supplies and materials that will be conducive for their children to be able to focus and work in an environment of learning. Additionally, parents will learn that even if they do not know the subject matter, by their presence as they encourage their child to work and learn does have a positive impact on their academic performance.

### ♥ Anti Domestic Violence

Participants will learn to teach the next generation that violence is wrong and unacceptable. It is important to promote more health within the family and knowing where to turn for help to have a safe, secure environment in the home and no bullying at school. A healthy home promotes good grades in school and academic success for the future.

### ♥ Reality Shows

IMA Participants will be able to understand that these shows aren't always real. The influence that these shows are having in the behavior of adults, children and youth has been a challenge as we see a rise in bullying in our schools and at the work place. This is the workshop that will help participants understand the power of influence and suggestion. Parents will learn how to guide their children in selecting proper television and social media viewing.

### ♥ Birth Order and I.Q. or E.Q

Wonder why you are so different from the rest of your family members? First-born people are usually leaders, middle children are typically good diplomatic mediators, the babies of the family seek attention, are entertainers and charming. New studies show that family position may truly affect intelligence and personality. This is a fun and enlightening workshop where participants learn the personality traits of birth order. Having this information, will allow parents how to be stronger and more effective leaders in their home promoting excellence in school and at home. Intelligence Quotient or Emotional Quotient, which is more important? Attend the workshop and find out!