



### **Parent Education Series: Strengths-Based Parenting**

Thursday, February 28 at 8:30 a.m.

Please join Jill and Chris Soucy (parents of Ella '25), both Gallup-Certified Strengths Coaches, for an introduction to strengths-based parenting research and practices, and gain awareness and appreciation for your own, and your child's, innate talents and strengths.

Your children have a unique set of talents, yet what do you notice and speak about the most each day -- the examples and stories of the positive things you observe or the negative things that caused a quick flare of emotion in you or others around them? Do you talk about their strengths or their weaknesses? A leading neuroscientist says human brains are "*Velcro for negative experiences but Teflon for positive ones.*" Which messages do you want to stick with them?

It's not that we should ignore weakness or failure – just don't give it prime space in the car ride home or over dinner. When the prime focus turns to the many positive things we hear or see each day, the frequency and fluency in the use of those talents and strengths increases dramatically and has a lasting positive impact on an individual's engagement, performance, and outcomes.

Knowing and speaking about your strengths will change your world; doing the same with your children will show them a stronger one for the rest of their lives.