



Parent & Family Skills Development

INSPIRING EDUCATORS



EduCare Foundation's mission is "to inspire and empower young people to become responsible citizens, compassionate leaders and to live their dreams." Through Social Emotional Learning (SEL) we empower youth to be healthy, whole, successful and contributing citizens, and adults to be inspiring and supportive role models. Environments of caring and self-discovery help youth realize their full potential. Since 1990, we have served over 230,000 students and 36,000 teachers & parents across 425 schools.

Heartset® Education is EduCare's unique platform for social emotional learning (SEL). It promotes and teaches self-awareness, personal responsibility, empathy, and compassion – to create a learning environment in which youth can flourish and realize their full potential in spite of life's uncertainties and challenges.

Recognizing that raising children is no small task – and that instructions are not included – EduCare's Parent & Family Skills Development Workshops assist parents and guardians by providing tools to effectively communicate with and relate to their children. Based on EduCare's Eight Heartset Skills, these workshops teach strategies for parenting with greater confidence, effectiveness, and personal fulfillment.

PARENTS LEARN TOOLS THAT ASSIST THEM TO:

- Build self-esteem at home
- Motivate and inspire children
- Develop and improve communication and listening skills
- Shift stress to success
- Foster cooperation and positive attitudes
- Increase personal self-care
- Create a climate for positive, rewarding family relationships
- Increase involvement at school
- Motivate other family members to become more active in the school community
- Build facilitating skills for presenting parenting workshops

EduCare's Eight Heartset Skills

Skill #1: Seeing the Best in Everyone – Honoring

Skill #2: Positively Reinforcing – Praising

Skill #3: Listening from the Heart

Skill #4: The Power of Choice – Personal Responsibility

Skill #5: Resolving Conflict

Skill #6: Moving from Judgment to Forgiveness

Skill #7: Turning Challenges into Learning Opportunities

Skill #8: Giving and Receiving

We are happy to customize courses to meet your specific needs – just let us know.