

# Growth Series

Workshop Title	Focus & Coverage	Age Range	Full Duration <sup>1</sup>	Abridged Version <sup>2</sup>
<b>2025-G-01</b> <b>Nurturing Future Ready Children</b> <i>Empowering Our Children to Thrive with the Times</i>	Parenting Styles, Inside-Out Parenting Model	0 to 18 years old	1.5hr	1hr
<b>2025-G-02</b> <b>Grit not Quit!</b> <i>Gifting Our Children Essential Keys to Mental Wellness</i>	Mental Wellness, Grit, Resilience, Communication	5 to 18 years old	2hrs	1hr
<b>2025-G-03</b> <b>Growth Mindset</b> <i>Unleashing the Power of "Yet"</i>	Growth Mindset, Communication	5 to 18 years old	2hrs	1hr
<b>2025-G-04</b> <b>Reaching the Heart of Your Child/Teen</b> <i>Speaking the Right Love Language to Connect Emotionally</i>	Love Languages, Communication	5 to 18 years old	1.5hrs	1hr
<b>2025-G-05</b> <b>Parenting by Design</b> <i>Different Children, Different Needs</i>	DiSC, Communication	5 to 18 years old	1.5hrs	1hr
<b>2025-G-06</b> <b>Let Us Be "A. P.RO" in Parent Self-Care</b> <i>Taking Care of Self to Better Care for Others</i>	Parent Self-Care, Identification of Stressors and Triggers, Available Resources	All	1.5hrs	1hr

<sup>1</sup> Module content has been developed for the stated length of duration and includes 10 to 15 minutes of Q&A time. An additional 30 minutes would allow further elaboration on certain points in the sharing, as well as a slightly longer Q&A. Requests for shorter duration can be acceded to, up to a maximum of 30 minutes; discretion is given to presenter in the cutting of content, as well as having a shorter duration for Q&A.

<sup>2</sup> Abridged versions of our workshops are crafted to suit lunch / dinner hour slots for companies and organisations looking at providing touch-and-go parent enrichment over the duration for their employees. We strongly encourage schools to select the full versions of our modules to provide optimum learning opportunity for parent and guardian participants who have availed their time for the engagement.