



Marriage and Family Institute presents
A special hands-on professional 3 days BULLYING PREVENTION WORKSHOP
How to Build Optimism and Resilience

Nobody Has the Power to Ruin Your Day! Bring Happiness to Your Life!
1, 2 & 3 April 2019

by visiting Professor, Dr. Batia P. Horsky
San Francisco State University, CA, USA

About the Workshop:

This 3-days interactive, hand-on workshop, utilize a fusion of styles including role-play, games, improvisation, discussions, and video clips. It is a unique blend of integrated disciplines offering knowledge of various skills, strategies and easy to use techniques on how to create and facilitate constructive Prevention and ANTI-BULLYING/Negative Behavior initiatives. How to support and build children/students' leadership to empower them to develop problem and conflict solving skills, thinking critically, boosting their self-confidence to behave softly, compassionately, supportively, kindly and be caring to others.

The goals of the workshop are to provide participants with effective Communication skills, tools and techniques to explore and facilitate with individuals and groups, children and adults to express their feelings and experiences, and to create a supportive well-being environment, and to enhance self-confidence and self-esteem.

The workshop will introduce the concepts of Positive Psychology and the Science of Happiness, as a resource and a practical tool to be implemented in any program or activity, to teach well-being, and how to practice Positive Mindset: Optimism, Mindfulness, Resilience and Positive Emotions. Children and adults will feel empowered and will discover their unique strengths and virtues. They will realize their potential and use those strengths and virtues to stand up for themselves and others who are being bullied and make a difference in their own lives, and those of others.

This highly interactive, hands-on workshop, is based on three successful Anti- Bullying Programs which have been implemented successfully in the Bay area - California and Santa Clara County School Districts.

(1) Project Cornerstone (2) The ABC Approach (3) The "Expect Respect" Program.

And the following theories and research studies:

1. Yale University Center for Emotional Intelligence (Inspired. In the US).
2. The Positive Psychology – Prof. Martin Seligman "Authentic Happiness" .
3. "Pursuit of Happiness" -Prof. Tal Ben- Shahr Harvard University and IDC Herzlia Israel.

Learning Outcomes:

1. Knowing to define behavior and warning signs of all type of Bullying and Aggression, from Face-to-Face to Cyber Bullying.
2. Exploring the Concept of Bullying on many levels from Power to Empowerment, strategies for dealing with Bullying, building confidence and assertiveness.
3. Understanding what is Cyberbullying, and how to avoid being a bully, a bystander and a victim.
4. Learning to Identify Bullying signs before it starts.
5. Recognizing and Understanding Bullying Activities and Harassment, and learning effective Responding to Bullying and Social Aggression.
6. Learning about and from successful Anti Bullying programs, activities and projects which were implemented successfully.
7. Acquiring skills on how to respond to the Bully, the victim and the Bystander, and learn how to Stop and Prevent Bullying.
8. Understanding the critical role of the Bystander and to learn the skills and strategies to assist the Bystander to become pro-active and stand up for those who are bullied.
9. Learning techniques, skills and methods to plan, create and facilitate constructive Anti Bullying and Prevention Programs and initiatives, and how to assist students/teachers/parents in understanding what is bullying and how to get involved and support Anti Bullying programs and projects.
10. Learning easy to use fun activities and interventions to teach Empathy, Compassion, Respect and Friendship.
11. Learning communication skills and techniques how to handle and solve conflicts and bullying interactions.
12. Learning engaging skills and methods to help children and teens to express their feeling, experiences and ease anxiety.
13. Learning the concepts and elements of Positive Psychology and the Science of Happiness to enrich your life and others, and incorporate the strategies and tools in daily life, and in any settings and program.
14. Acquiring various Communication skills, and Empowering skills to Enhance and motivate students' and adults' Resilience, change behaviors, and the courage to stand up to bullying and to support others who are being bullied.

About the Trainer: Dr Batia Kalisky Horskys. Dr. Batia P. Horsky is an Art Therapist/Psychologist. For the past 13 years, she has been teaching at the San Francisco State University in California. She had worked in Singapore for over ten years. Dr. Horskys was an Assistant Professor in NTU and NIE and was affiliated with the MOE. Prof. Horskys has been teaching courses in Educational Psychology, Positive Psychology, the Science of Happiness, Family Counseling, Art Therapy, Creative Thinking and Creative interventions. She had conducted various workshops for practitioners from the mental health system, social workers and counselors. Dr. Horskys has an extensive experience of over 25 years in training professionals in Israel, Singapore and the USA.

TOPICS:

DAY 1

Recognizing Bullying. Harassment and Social Aggression.
Understanding Warning signs of Bullying-The key elements of Bullying. Types of Bullying, Targets and Bystanders

Introduction of the Project Cornerstone, The ABC approach, and The Expect Respect. How to respond to the Bully/perpetrator, the Target and the Bystander

Day 2

Communication skills - How to control emotions and anger to prevent it from turning into Bullying.

Bullying Prevention - Taking Responsible Action/ developing Anti Bullying Programs, initiatives and activities.

Taking action together. We all have responsibility to deal with Bullying. From Bystander to Upstander-Peer support. Respect, Compassion and Friendship. Empower and Motivate children, Resilience, self-confidence and building courage to stand up.

Day 3

Self care, Positive Psychology and enhancing Happiness. The latest research in the science of Happiness and Wellbeing. Experience more positive emotions and overcome negative thoughts. Be attentive to the present moment

Strategies to gain accomplishments in your life. How Self-esteem powers social relationships. Assessments in key areas of Positive Psychology

Small group activities- Personalized positive psychology action plan, fun and engaging class activities.

1, 2 & 3 April 2019

(9.30 am-5.00pm)

Cost: \$550 per pax

Venue to be confirmed

MARRIAGE AND FAMILY INSTITUTE

Call 97800881 Linda or
Email: linda@mfinstitute.com
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TRAINING REGISTRATION FORM

A. COURSE DETAILS

1. Course Title: Bullying Prevention Workshop
2. Course Date(s): 1-3 April 2019

B. DETAILS OF APPLICANT **Please delete where applicable*

1. Name of Applicant: Mr /Ms /Mrs /Mdm /Dr/ Rev* _____
2. Designation: _____
3. Organisation: _____
4. Address of Organisation: _____
5. Highest Qualification _____
6. Contact Numbers of Applicant:
7. Tel: _____ Mobile: _____ Email: _____
8. Contact of Training Administrator (*if applicable*) - Name: _____
9. Tel: _____ Fax: _____ Email: _____

Signature of Applicant: _____ Date: _____

C. PAYMENT

Amount: _____ Bank/Cheque No.: _____

Signature of Head /Chairman of Organisation & Company Stamp (if applicable):

Name: _____ Designation: _____

Date: _____

TERMS AND CONDITIONS

1. Course Fee Payment

Please make cheque payable to "Marriage and Family Institute". Cheque payment is required to secure a training place. Please write name, course title, course date and phone number at the back of the cheque.

2. Withdrawal and Refund

Once the course commences, no refund will be given. Replacement of participant is allowed with prior notice.

3. Changes and Cancellation

The organiser reserves the right to make changes to a course programme, date, time and venue. Course may be cancelled due to unforeseen circumstances. For cancellation of courses, fees received will be refunded in full.

4. Certification

A Certificate will be awarded to participants upon completion of course with at least 80% attendance.

All fees, terms and conditions are subject to change without notice.