



Emotional Intelligence Matters For Parents

BUILD YOUR CHILD'S EMOTINAL MUSCLES

Discover Key Strategies to Raise Confident, Compassionate, and Resilient Children



Trainer
AFAF IBRAHIM
Emotinal Intelligence Expert

Contact us

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 INFO@ERUDITETS.COM
 +61 3 9005 7576



ERUDITE T.S.



Our 4-day parenting with emotional intelligence workshop is designed to give you the tools you need to become the best parent you can be. Each day tackles a different aspect of developing and modelling emotional intelligence in your parenting approach , providing actionable strategies to help you smoothly handle the unique challenges of raising children. Whether you are a new parent or have been at it for years, this program is packed with insights that will help you create a loving, supportive, and healthy environment for your family.

Buy the Full Program & Save!

Full program (all 4 days): \$380 (Save \$100)

Individual workshops: \$120 each

PROGRAM SCHEDULE

2025	
09 APRIL	WORKSHOP 1: THE EMOTIONALLY SELF-AWARE PARENT
16 APRIL	WORKSHOP 2: SHARPEN YOUR SOCIAL AWARENESS
23 APRIL	WORKSHOP 3: DEVELOP SELF-MASTERY
30 APRIL	WORKSHOP 4: RAISE A LEADER



MORNING SESSION | 10:00 - 13:00 AEDT



VIA ZOOM

REGISTER NOW





Workshop 1: The Emotionally Self-Aware Parent

Date: 09 April 2025

Time: 10:00 - 12:00

Overview:

Since you are the first social contact your child has, and your parenting style impacts her performance in life, developing your emotional self-awareness will help you recognize your parenting style and how it impacts your child, now and in the future.

Workshop 2: Sharpen Your Social Awareness

Date: 16 April 2025

Time: 10:00 - 12:00

Overview:

Emotional social awareness is a major pillar of emotional intelligence. Developing this competency is a cornerstone for a better understanding of your child's emotional cues, communication, empathy, and acceptance.

Workshop 3: Develop Self-Mastery

Date: 23 April 2025

Time: 10:00 - 12:00

Overview:

Parents with strong emotional self-management can remain calm and controlled in the face of challenges and stressful events. Displaying calm reactions when handling your child's challenges and stressors is seen as supportive, positive, and creative. It will also help you be in control of redirecting adversities to get better outcomes. This will enhance the trust level and teach your child better ways to deal with life challenges.

Workshop 4: Raise A Leader

Date: 30 April 2025

Time: 10:00 - 12:00

Overview:

Children are more confident, resilient, and connected when they are **EMPOWERED**. You will also learn practical and flexible tools to help parents empower and influence their child and provide strategies on how to handle conflict, offer guidance, and work with the child to become more independent.





Workshop 1

Introduction- Overview of Emotional Intelligence (EI) and Its Importance for Parents

What is Emotional Intelligence and Why It Matters for Parents

- Defining Emotional Intelligence in the Context of Parenting
- The Role of EI in Building Healthy Family Dynamics
- Benefits of EI for Both Parents and Children

Recognizing Your Parenting Style and Its Drivers

- Overview of Different Parenting Styles
- Identifying the Emotional and Psychological Drivers Behind Your Parenting Approach
- Reflection Exercise: What is Your Parenting Style?

Understanding the Impact of Your Parenting Style on Your Child

- Short-Term and Long-Term Effects of Different Parenting Styles on Children
- Case Studies: How Parenting Styles Influence a Child's Emotional and Social Development
- Tips for Adjusting Your Parenting Style to Foster Positive Outcomes

Building a Stronger Relationship with Your Child Based on Trust

- The Role of Trust in Parent-Child Relationships
- Practical Strategies for Developing Trust and Emotional Connection
- Communicating with Empathy and Understanding

Activities to Practice Self-Awareness as a Parent

- Importance of Self-Awareness in Parenting
- Guided Activities and Exercises for Enhancing Self-Awareness
- How Self-Awareness Translates into Better Parenting Choices





Workshop 2

Introduction & Welcome

- Overview of Emotional Intelligence (EI) in Parenting
- Introduction to Social Awareness: What It Is and Why It Matters
- Goals for the Webinar

Understanding Social Awareness and Its Role in Parenting

- Defining Social Awareness in the Context of Parenting
- The Impact of Social Awareness on Parent-Child Relationships
- How to Tune Into Your Child's Needs and Emotions.

Understanding Your Child's Needs and Feelings

- Techniques for Recognising and Interpreting Your Child's Emotional Signals
- Tools for Active Listening and Effective Communication
- Case Studies: Understanding the Emotional World of Your Child

Adjusting Your Parenting Style to Suit Your Child's Needs

- Strategies for Flexibility in Parenting and Adapting Your Approach
- Practical Examples of How to Align Your Parenting Style with Your Child's Developmental Stage
- Practical: Evaluating and Adjusting Your Parenting Style

Raising an Empathetic Child

- The Importance of Empathy in Your Child's Development
- Encouraging Emotional Expression and Understanding in Your Child





Workshop 3

Introduction:

1. A brief overview of the webinar's objectives
2. The importance of self-mastery in parenting

Understanding Emotional Intelligence in Parenting

- Definition and significance of emotional intelligence (EI)
- How EI impacts your relationship with your child

Building Integrity and Trust

- Strategies for maintaining honesty and trustworthiness
- Practical examples of integrity in action

Developing and Modelling Resilience

- What resilience looks like in parenting
- Techniques for fostering a resilient mindset in yourself and your child
- Role-playing scenarios to practice resilience

Integrating EI into Daily Parenting

- How to apply EI principles in everyday interactions
- Creating a supportive environment that nurtures both integrity and resilience





Workshop 4

Introduction to emotional intelligence in parenting.

Building Your Child's Resilience

- Understanding resilience and its importance.
- Strategies to help children bounce back from setbacks.
- Practical exercises to strengthen resilience in everyday situations.

Connect, Explore, Empower

- The role of connection in empowering children.
- Techniques for exploring emotions together.
- Empowerment through active listening, validation, and support.

The Growth Mindset

- Introducing the concept of a growth mindset.
- Encouraging perseverance and a love for learning.
- Tools and tips to nurture a growth mindset in various aspects of life.





Facilitator

AFAF IBRAHIM



- **Founder Of Emotional Intelligence Australia** and currently the **CEO of Erudite T.S., Educator**, and a proud mother of two! Afaf worked with schools where she managed programs for parents, helped disadvantaged youth, empowered women, and assisted victims of domestic violence through various platforms.
- Afaf (DBA Candidate) is a **certified EI practitioner and Neurolinguistic** programming (NLP) coach.
- Recently, Afaf was **recognized by CIO VIEWS Magazine as one of the top ten most influential people** in the coaching and training industry in 2023.
- She is very **passionate about the role of EI** in transforming the experience of parenting to make it a joyful and fruitful journey.
- **Author of the book, Al Masdar: The Bridge to Excellence**

Afaf (DBA Candidate) is a Senior HR Consultant and certified Emotional Intelligence expert with a specialization in driving organizational performance and building competitive advantages across both corporate and government sectors. With extensive experience in industries such as banking, telecommunications, manufacturing, and retail, Afaf excels in enhancing emotional culture and business branding. She collaborates effectively with internal and external stakeholders on talent acquisition, workforce planning, staff engagement, case management, and learning and development, consistently delivering impactful results at both operational and strategic levels.





Testimonies

“

I had the pleasure of attending one of Afaf's coaching sessions on emotional intelligence for leaders, and I was very impressed with her teachings and great techniques to help leaders in the workplace. I have utilized this new approach in dealing with my team members and it has been very effective.
I highly recommend Afaf's coaching and would attend more courses with her.

Alyssa Alboudi
Victoria - State Government

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“

This workshop was a game-changer for me as a parent. It provided me with invaluable tools and insights that have significantly strengthened my relationship with my child. I highly recommend this workshop to any parent seeking to deepen their connection with their child and create a nurturing environment for growth and development.

Fiona Green
HR Director

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“

I have had the pleasure of being taught by Afaf, not only in the Leadership group but as my personal coach for approximately 12 months. Afaf has a calm integrated approach that has enabled me to grow unrestricted in expression, identifying personal and business attributes so I can be the giant leader I have dreamt to be. She identifies, nourishes, and builds upon my current foundation with a plan to achieve my ultimate goal through tools I have not yet acquired. The asset I most resonate with Afaf is her genuine and nurturing support in assisting my growth, which is truly felt in every conversation whether negative or positive that somehow permits me internally to be the best Man I can be. I would have no hesitation in recommending Afaf to anyone ready to change their life, through internal strength and expanding their realms of opportunity and trajectory.

Andrew von Zeppelin
Senior Planner- Project Manager
WBHO

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Pricing & Registration

Package	Price
Workshop 1. The Emotionally Self-aware Parent	AUD120 Plus GST if applicable
Workshop 2: Sharpen Your Social Awareness	AUD120 Plus GST if applicable
Workshop 3: Develop Self- Mastery	AUD120 Plus GST if applicable
Workshop 4: Raise a Leader - The Empowering Parent	AUD120 Plus GST if applicable
All 4 Workshop	AUD380 Plus GST if applicable
To request evening session, please contact Charlen at charlen@eruditets.net	

GROUP DISCOUNT FEES PLUS GST

Group discount of 10% for the 2nd participant from the same organization. For a limited time only by the 30th of December 2025 register 4 participants and the 5th participant will receive a complimentary seat.
*One discount scheme applies

3 WAYS TO REGISTER

- Email: info@eruditets.net
- Call: +61 3 9005 7576
- Website: www.eruditets.com

DATE & TIME

- 09, 16, 23 & 30 April 2025
- 10:00 - 13:00
- Via ZOOM

CANCELLATIONS AND SUBSTITUTIONS

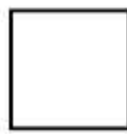
*All cancellations must be received in written form.

Once we have received your booking, the place(s) are confirmed. No refunds will be made for any cancellations, however, program credits of equivalent value only applicable for Erudite Training Solutions events will be provided. Credits can only be redeemed for 1 program and are valid for only one (1) year from the date of issue.

Substitution with a qualified candidate is allowed by providing at least 5 working days of advance notice to Erudite Training Solutions. One-time substitution is allowed with no charges. Subsequent substitutions will be charged a 10% admin fee.

PLEASE NOTE: Erudite Training Solutions reserves the right to change the content and timing of the program, the speakers, and the date and venue due to reasons beyond their control. If in the unlikely event that the course is canceled, Erudite Training Solutions will refund the full amount and disclaim any further liability.

PRIVATE DISCLOSURE STATEMENT: Any information provided by you in relation to this event is being collected by Erudite Training Solutions and will be held in the strictest confidence. It will be added to our database for the primary purpose of providing you with information about future events and services



An invoice and registration confirmation will be sent within 7 days, please contact us if you have not heard from us within 7 days. Payment details will be sent together with the invoice based on your preferred payment method. **ALL PAYMENTS MUST BE RECEIVED IN ADVANCE OF THE EVENT.**

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