



## Parenting Battles Often Come to Work...Happy Parents Make Productive Employees! Send them home with tools, information & solutions.

Only 23% of Canadian parents passed a basic child development test\*. Reduce stress and illness by helping your employees better understand their parenting challenges so they can be more productive at work.

*\*Invest in Kids Survey*



**Professional Parenting™** provides over 50 hot parenting topics including:

- **Plugged-In Parenting™** – Connecting with the digital generation
- **Morning Madness and After-work Anxiety Hour**
- **Long Distance Families That Work** – Healthy family functioning while one parent travels for work
- **He Dared Me!** Helping children manage peer pressure
- **Inspiring Motivation Without Madness**
- **How To Talk To So Teens Will Listen**

**Professional Parenting™** interactive presentations include:

- Breakouts or keynote sessions for conferences
- Lunch 'N' Learns
- Before or after work sessions for employees and partners

*Sessions can be customized to fit your company's schedule.*



**Participants will benefit from:**

- Best practices evidence-based information on child and brain development.
- Respectful non-punitive parenting skills, strategies and solutions for challenges of all aged children
- On-going confidential online support for attendees
- Convenient workplace wellness support

### Judy Arnall, BA Parenting Speaker/Trainer



Best-Selling Author of "**Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery.**" **Judy Arnall** is an Instructor at The University of Calgary and Alberta Health Services.

Award winning international speaker, Judy is Canada's leading authority on "**Parenting without punishment**" and is quoted regularly in Today's Parent, Canadian Living, Chatelaine, Parents Magazine, The Globe and Mail, CTV, CBC and Global TV.



*"Savvy parenting for successful children"*

**Professional Parenting Canada**

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# Judy Arnall

**Parenting Expert • Best-Selling Author  
Internet Savvy Parent • Professional Speaker & Trainer**

Judy delivers informative, fun presentations on building peaceful relationships and joyful family connections using a research-based non-punitive parenting model. She believes that every family can apply workplace skills such as effective listening, assertiveness, problem solving, time management and leadership at home. Her refreshing perspective on current issues provides leading edge strategies for managing common family problems that affect workplace productivity.

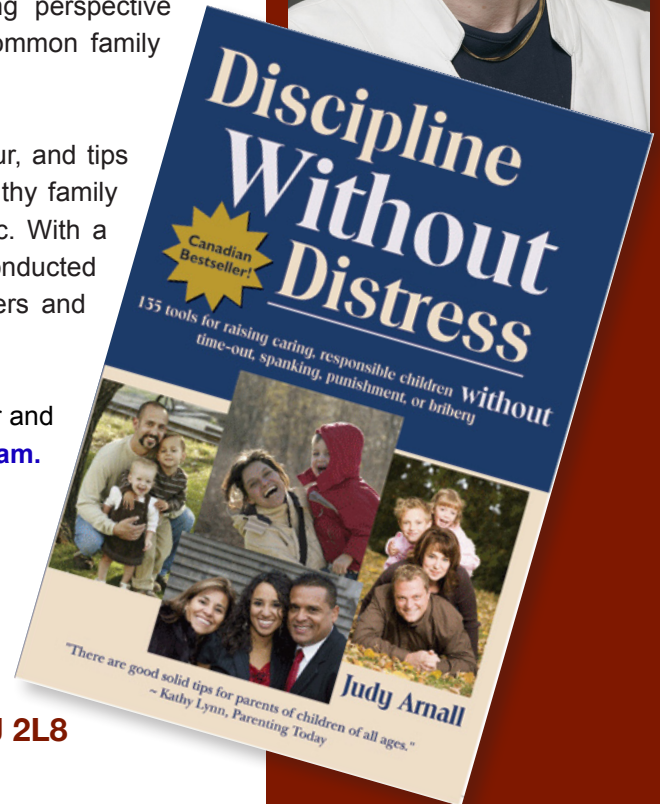
A highly interactive speaker and trainer, Judy provides insight, humour, and tips on parenting skills that are critical for building satisfying, caring, healthy family relationships. Her presentations are powerful, honest and empathetic. With a firm background in Adult Learning Theory, Judy has developed and conducted hundreds of educational sessions for thousands of parents, caregivers and professionals in the past 16 years.

Judy is an authorized trainer of the **PET program**. She is also a trainer and course developer of **Alberta Health Services Terrific Toddlers Program**.

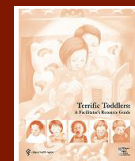
**It takes a village,  
to cherish a parent,  
to nurture a child!**

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***“Invest in knowledge that will benefit a lifetime”***



**Parenting Ages 4-20**



Based on the program **Terrific Toddlers**  
developed by  
Alberta Health Services – Calgary Health Region,  
3 Cheers for the Early Years  
2008

**Parenting Ages 1-4**

