



BENEFITS

- Clarify for children that they are loved and supported.
- Develop a closer relationship with your child.
- Enhance your child's self-confidence.
- Increase your child's focus in school.
- Re-establish trust in a broken relationship with your child.

MARLENE DILLON

Marlene Dillon is the CEO of MDillon Designs & Publishing. She is most recognized for her empowerment work for parents and young ladies through her brand, and book, I'm Proud to Be Natural Me! She is an author, designer, and publisher, a brilliant writer, and an engaging speaker. Marlene is a multi-talented mom on a mission to empower children with healthy self-esteem. With a master's in counseling and a natural gift for effective communication, participants can expect to gain great information and have a great time doing it.

CONTACT

MDillon Designs & Publishing
(847) 497-5483
mdillondesigns.com

EMPOWERING OUR FAMILIES

BUILDING HEALTHY PARENT-CHILD RELATIONSHIPS

*A course for building healthy
communication between parents
and their children*





ABOUT THE COURSE

STRUCTURE

Diagnostic assessments are given at the beginning and end of the course to track growth. The course is broken down into 6 lessons. Each lesson addresses its topic from a practical standpoint and is additionally broken down into three parts—Start, Stop, and Continue.

INTENTION

The intention of the course is to provide information and practical assignments to assist parents in establishing a new standard of healthy communication within their families. Each lesson is structured to aid participants in starting new behaviors, refraining from others, and continuing ones that are currently enhancing the relationship.

APPLICATION

At the end of each lesson, there is a quiz and a practical assignment. These assignments are simple yet intended to stretch parents to apply the information of that week's lesson toward building a better relationship with their child.

COMMUNITY

A private online group is available for course participants. This online community serves numerous purposes, including: providing a safe space to share and gain feedback regarding assignments, ongoing access to the instructor, continuous support from the community of participants, and accountability, which fosters commitment to application of the skills learned in the course.

PARENTING CERTIFICATE

Parents receive a certificate of completion.

OVERVIEW

OBJECTIVE

to empower parents to build better relationships with their children by teaching healthy interpersonal communication skills

PARENTS WILL LEARN

- to set clear intentions for their children
- how to build/rebuild trust within the relationship with their children
- verbal and nonverbal triggers that shut down communication and how to avoid them
- to be aware and selective regarding positive and negative affirmations, plus much more!

FORMATS

Empowering Our Families: Building Healthy Parent-Child Relationships is a communications course for parents that is offered in two formats: a 6-week digital course and a 2-day in-person workshop.

The 6-week digital course is a great option for parents/caregivers who are computer savvy and prefer an independent format. Participants work through the lessons independently on a computer. Quizzes and diagnostic assessments are given within the computer program.

The 2-day in-person workshops are great for parents/caregivers who prefer a more interactive format, where they can engage directly with the instructor/classmates. Six lessons are divided between the two days. Workshops last approximately 2-3 hours each day. Quizzes are oral. Diagnostic assessments are paper/pencil.