

Susan Stiffelman Parenting Presentations

Contact info: Susan Stiffelman, MFT
(310) 589 7020
www.passionateparenting.net



- ***How to find your cool when you've temporarily lost it***

Is it possible to parent without the escalating threats, hysteria or drama that let you *and* your kids know that you've completely lost control? Yes! In this presentation, Susan discusses how to manage your reactions—beyond counting to ten or taking a deep breath—so you can keep your cool, even when the kids push every button or try to get a rise out of you by turning on "MOM TV".

- ***How to help children and teens deal with frustration and disappointment without aggression, blame or power struggles***

Many children lack the ability to cope when life doesn't go their way. "I want what I want when I want it!" is their motto. It's vital that kids learn how to adapt to life's challenges, instead of responding with anger and blame that fuels aggression. Susan offers practical steps to handling frustration so children develop tools for handling life's ups *and* downs successfully.

- ***How to get kids to listen, cooperate and do what you ask, without threats, punishments or timeouts***

Human beings are meant to resist taking direction from those to whom they are not closely attached; our brains are wired to follow with those with whom we have a strong connection. Rather than scripting the "right" thing to say when kids misbehave, Susan teaches parents how to call forth a child's innate desire to cooperate by dealing with the underlying elements that foster a genuine interest in being part of the team.

- ***Getting homework done without your child—or you—having a meltdown***

Although caring parents want their children to succeed in school, they often handle homework in a way that creates unnecessary drama, chaos and tension. In this presentation, Susan offers strategies that emphasize a child's responsibility for their assignments, while making room for parents to stay helpful, supportive and informed.

- ***How to be the "Captain of the Ship" in your child's life.***

In this presentation, Susan lays the foundation for understanding how to be authentically in charge as you navigate the various challenges of raising children and teens while avoiding battles, negotiations and what she calls "The Two Lawyers"—that all too familiar scenario where parent and child are battling for control and the final word.

- ***How to motivate kids to genuinely care about doing their best in school***

Children are born with a passion for learning. Unfortunately, some of them lose that fire as the homework gets more challenging, or they may justify slacking off if they feel the teacher isn't on their side. Susan discusses how to reawaken a child's desire to manifest their gifts, and rekindle their excitement about learning

- ***ADD: What it is and isn't, and how to successfully be a hunter in a farmer's world***

In this presentation, Susan presents ways to help ADD'ish children and teens deal with problems with focus, impulsivity and organization. In addition, she discusses myths and realities of ADD, and offers strategies for helping right-brained kids—the “hunters” of the world—survive in a left-brained world more easily navigated by the “farmer” personality

- ***How to make power struggles optional and obsolete***

Despite the common belief that parents have to become quasi-attorneys to get their kids to do what they ask, the truth is, there are simple tools they can use to steer clear of negotiations and courtroom battles. By coming *alongside*, rather than *at* their children and teens, parents learn how to reduce defensiveness, and instead awaken a child's willingness to compromise and/or acquiesce

- ***Getting kids to tell you their truth***

Rather than encouraging parents to respond to children's problems or complaints by offering well-meaning advice, insight or suggestions, in this presentation, Susan guides participants in the kind of dialogue that helps a child truly feel heard and understood, so they can then be receptive to receiving all –important parental guidance

- ***The Journey of Adolescence***

This talk is about navigating the sometimes difficult road of youngsters as they separate and become their own person, while helping them avoid problems with depression, substance use, peers or other potential bumps in the road. Susan discusses elements of adolescence including melancholy, loneliness, “imaginary audience syndrome”, and more.

- ***Connecting— or reconnecting— with your child or teen***

When a child or teen is disconnected, resistant or shut down, many parents feel it's impossible to reconnect. It isn't. In this presentation, Susan presents specific steps for healing a fractured parent/child relationship and restoring the sense of closeness that even the most seemingly reluctant child is longing to have.

- ***Helping children and adults who struggle with depression and anxiety***

Children at increasingly younger ages are often compromised by mood challenges. In this talk, Susan presents discusses depression and anxiety in children and teens, and offers techniques for helping kids who are chronically fearful, worried, anxious or who consistently feel sad, withdrawn, irritable or hopeless.

*Susan Stiffelman is a licensed marriage and family therapist, educational consultant and parenting coach. Through her private practice in Malibu, California, public presentations, workshops, teleclasses and website, she has become a source of advice and support for parents around the world. Her book, **Cool, Calm and Connected: How to Raise Joyful, Resilient Kids Without Power Struggles, Negotiations or Meltdowns** will be released soon. Susan can be reached at www.passionateparenting.net, or osusannaji@gmail.com*

Feedback from Susan Stiffelman's School Presentations

Susan Stiffelman was one of the most dynamic and useful speakers our parents have hosted. Her warm and informative style had our parents at ease in no time, and we had her come back again within a month to continue. Her orientation really makes you think about how we relate and respond to adolescent behavior, and find ways to be positive and supportive.

Patty Lancaster, Counselor, Archer School for Girls, Brentwood, CA

Susan is able to find ways to help all kinds of kids, especially those who are unique and may not be able to have their needs met by the system. Because of her special insights, strategies and alternatives, she's the one I refer children to who just aren't succeeding with conventional approaches. Having known Susan for nearly fifteen years, I can recommend her without reservation.

Phil Cott, Principal, Webster Elementary School, Malibu, CA

"Susan Stiffelman has a refreshing approach to parenting - one infused with humor and compassion. Her responses and reflections about parenting offer parents delightful opportunities to think anew. Parents left the workshop with utter delight that they had taken time to participate."

Joan Martin, Director, Crossroads Elementary School, Santa Monica, CA

"Every parent and teacher should spend some time with Susan. She is able to impart practical solutions and guidance to the variety of behaviors that we all experience in children as well as adults, enabling the teacher, parent or co-worker to understand and respond in a manner highly beneficial to the situation."

Shari Latta Director, Children's Creative Workshop, Malibu, CA

"Your talk was excellent: thought-provoking and challenging to the "traditional" view of treating the symptom of bad behavior versus the underlying cause. I was truly impressed with your knowledge, as well as your skill in creating a safe atmosphere in which parents could talk openly about their concerns. Brava!"

Len Leatherwood, Beverly Hills, CA PTA Council Coordinator

ADVANCE PRAISE FOR SUSAN'S PARENTING BOOK,

COOL, CALM AND CONNECTED: How to Raise Joyful, Resilient Kids Without Power Struggles, Negotiations or Meltdowns

"One of the most user-friendly, practical and engaging guides to parenting books I've ever come across. Susan Stiffelman speaks from the trenches of day-to-day parenting life, and offers an array of tools that are sure to change the lives of parents who apply her teachings. Bravo for Cool, Calm and Connected!"

Janet Bray Attwood, co-author of the NY Times bestseller *The Passion Test*

"Cool, Calm and Connected provides wise and creative ways for parents to offer their best inner gifts to their children. Equally vital, Susan teaches you how to skillfully support your children in developing their own unique talents and gifts in such a way that both you and they will experience a rich, satisfying relationship for a lifetime."

Michael Bernard Beckwith, founder of Agape International Spiritual Center

"Susan Stiffelman makes parenting easier by bringing much needed support and guidance to help parents stay deeply connected with their kids. Susan is full of heart and soul but firmly grounded in commonsense understanding."

John Gray, author of *Men Are from Mars, Women Are from Venus*

"The parenting bookshelf is full of advice on how to control kids, how to handle problems, how to survive the trauma of parenting. This book is different. Very different. It's about how to let children develop their natural birthright of joy and passion. Not by letting them run wild, but by connecting with them and by concentrating on the heart of parenting—the emotional life of your child (and yourself)."

Lawrence Cohen, author of *Playful Parenting*

"Susan's work is brilliant. Cool, Calm and Connected covers every aspect of helping right-brained kids grow up feeling great about themselves. If you buy just one parenting book this year, make it this one!"

Thom Hartmann, author of *Healing ADD* and *The Einstein Gene*

"Susan is this generation's Dr. Spock. Children don't come with operating instructions, but Cool, Calm and Connected gives solid advice and strategies for raising happy vibrant children. It is a must-read for parents who want to give their children the very best childhood in a very busy world."

Pamela Conley Ulich, Mayor, City of Malibu

"Cool, Calm and Connected is an essential handbook for every parent. As I turned the pages, I felt more and more empowered, prepared and excited to step into each new stage of development with my four-month-old baby girl. If you're a parent, you will be forever grateful for the practical tools and strategies Susan Stiffelman provides in this enlightened guide to parenting."

Chris Attwood, co-author of the NY Times bestseller *The Passion Test*

“Cool, Calm and Connected is the quintessential guidebook; a must-read for parents wanting to protect their child’s “authentic self,” providing the much needed roadmap to navigate the calm and turbulent waters of childhood and adolescence. . . .”

Marilyn Mosley Gordanier, executive director of Laurel Springs School and president of the United Nations Global 500 Environmental Forum

“I have been putting your advice into practice, and it is greatly contributing to my being a better father. Your book has become my “Parenting Bible” and I know I will continually refer to it. You’ve really created something special.”

Dr. Chris Kammer, father of four

“Susan Stiffleman’s Cool, Calm and Connected is a breath of fresh air in a field that needs as much fresh air as it can get. Susan is well versed in a variety of disciplines that enables her to provide quality coaching, mentoring, and training for parents attempting to discover their strengths and provide the most conscious parenting possible during these very challenging times we find ourselves living in.”

Mitch Ditkoff, co-founder and president of Idea Champions, and author of *Asleep at the Wheel*

“Susan Stiffelman beautifully explains how parents can be the captain of the ship in their children’s lives, raising them in a way that encourages them to head towards the rest of their lives with their hearts and souls intact.”

Margaret Paul, Ph.D., co-author of *Do I Have to Give Up Me to Be Loved by You?*

“I just finished reading your amazing book and still have tears in my eyes. There is SO much invaluable information. I will be giving it to all my friends.”

Natasha Mellman, mother of three