

**Dolly Bhargava from Behaviour Zen Pty Ltd (ABN: 74612728275)
Presents**

**Achieving Practical Positive
Solutions Workshop Series
To Enhance the Lives of the People
We Support**



Dolly Bhargava is a Speech Pathologist with a Masters in Special Education. She has 17 years of experience in providing positive, realistic and productive solutions to individuals with a range of disabilities in early childhood, school, family homes, prisons, accommodation and community settings. She has authored and developed a number of insightful books and apps, including America's National Parenting Publications Award Winner 'Taking CHARGE of my Rainbow of Emotions'. She has recently developed an innovative App and Book Series, 'Behaviour Zen'. Behaviour Zen aims to systematically guide educators, parents and professionals to assess- prevent- manage challenging emotional and behavioural responses in individuals with Anxiety Disorders, Conduct Disorder, Autism Spectrum Disorder, Oppositional Defiant Disorder and Attention Deficit Hyperactivity Disorder. Please visit www.behaviourzen.com So come along to hear a range of practical and interactive workshops that provide an expert blend of information, skills and strategies that will educate, empower and enable you to be the CHANGE in the lives of the people you support.

Workshop Title	When?	These practical and interactive workshops will address the following:
Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours	Thurs 6th of Sept (9am – 3pm)	<ul style="list-style-type: none"> -Development of emotions -Understanding anxious, oppositional and aggressive behaviour -Effectively responding to anxious, oppositional & aggressive behaviour -Developing emotional regulation skills at school, home & community
Assessing, Preventing and Managing Challenging Behaviour	Fri 7th of Sept (9am— 3pm)	<ul style="list-style-type: none"> - Introduction to challenging behaviour -Causes of challenging behaviours -Internalised and externalised challenging behaviours -Utilising the positive behaviour support framework to identify proactive, active and reactive strategies for school, home and community
Teaching students affected by trauma	Thur 20th of Sept (10am – 4pm)	<ul style="list-style-type: none"> - Introduction to trauma -Types of trauma -Impact of trauma on development and learning -Strategies to promote a sense of safety, build trust and learning needs of children impacted by trauma.
Addressing misbehaviour: Cultivating empathy, compassion and resilience	Mon 1st of Oct (9am – 3pm)	<ul style="list-style-type: none"> - Defining empathy, compassion and resilience - Bio-psycho-social model to explain development of empathy, compassion and resilience - Understanding behaviour (e.g aggression, stealing, lying, cheating, bullying and disengagement) - Strategies to cultivate empathy, compassion and resilience
Self Care for Health, Well being and Happiness	Tues 2nd of Oct (9:30am— 11:30am)	<p>As parents, educators, disability staff and professionals our own needs often take the back seat to those of others and all the other things in life that need attention. As the saying goes....<i>You can't pour from an empty cup. Take care of yourself first.</i>" – Unknown This results in having difficulties with dealing with the stress related to trying to meet the never the ending demands, which in turn, results in disillusionment, exhaustion and burn-out. Research shows that when we "fill our own cups," we have more patience, energy, and passion to spread to others. This workshop will provide information on importance of self-care and offer a range of practical strategies that can be used to improve health, happiness and wellbeing.</p>

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Positive Practical Behaviour Solutions Workshop Series

REGISTRATION INFORMATION

Who? Parents, Early Childhood, Primary and Secondary Educators, Disability Staff and Professionals

Register Email form to behaviourzen@mail.com or call 0423 293 254

PLEASE TICK	WORKSHOP TITLE/S	COST INC GST	PARTICIPANT NAME/S
<input type="checkbox"/>	Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours (06/09/18) (9am—3pm) at Business Station, 33-37 Murray Rd Sth, Welshpool	<input type="checkbox"/> \$220	
<input type="checkbox"/>	Assessing-Preventing-Managing Challenging Behaviours (07/09/18) (9am—3pm) at AVIVO Level 2, 30 Hasler Road, Osborne Park	<input type="checkbox"/> \$220	
<input type="checkbox"/>	Teaching Students Affected by Trauma (20/09/18) (10am—4pm) at AVIVO Level 2, 30 Hasler Road, Osborne Park	<input type="checkbox"/> \$220	
<input type="checkbox"/>	Addressing Misbehaviour: Cultivating empathy, compassion and resilience(01/10/18) (9am—3pm) at AVIVO, Level 2, 30 Hasler Road, Osborne Park	<input type="checkbox"/> \$220	
<input type="checkbox"/>	Self Care for Health, Happiness and Well being (02/10/18) (9:30 am—11:30am) at AVIVO Level 2, 30 Hasler Road, Osborne Park	<input type="checkbox"/> \$132	

Organisation name: _____

Email Address: _____ **Phone Number:** _____

PAYMENTS METHODS

Cheque Behaviour Zen Pty Ltd
 1 Jubilee Street
 South Perth WA 6151

Online bank transfer Bank: ANZ Bank
 Account Name: Behaviour Zen Pty Ltd
 BSB number: 016270
 Account number: 460978536

Credit card payment Card Type: ☐ Visa ☐ Mastercard
 Name on Card: _____
 Credit Card Number : _____
 Expiry Date: _____ CVC Number: _____