



In collaboration with



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Precious Parenting Workshop

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Report on Living Values Workshop for Parents in JBCN International, Parel in Mumbai

Date of Workshop: 22/01/2025

Venue: JBCN International School, Parel

Facilitator: Toral Shah

Number of Participants: 30

Introduction

The Living Values Workshop for Parents was conducted in JBCN, Parel in Mumbai with the goal of empowering parents with tools and techniques to instil core values in their children. This workshop focused on fostering personal growth, positive communication, emotional intelligence, and effective parenting strategies that align with the principles of Living

Values. The session was designed to be interactive, engaging, and informative, helping parents understand how values can be taught and embodied both at home and in the community.

Objectives of the Workshop

The primary objectives of the workshop were:

- 1) To introduce the concept of Living Values as a holistic approach to child development, particularly the Value of 'PEACE'
- 2) To provide parents with practical strategies for nurturing positive character traits such as peace, empathy, respect, responsibility, and integrity in their children.
- 3) To create awareness about the role of values in shaping a child's emotional and psychological well-being.
- 4) To promote a balanced approach in parenting by incorporating mindfulness, communication, and emotional support.



Workshop Highlights

Introduction to Living Values

The facilitator began by explaining the framework of Living Values, which includes 12 core values such as Peace, respect, love, etc. Parents were introduced to the idea that values are not just abstract concepts but are actionable traits that can be integrated into daily life.

Interactive Activities

A key component of the workshop was hands-on exercises and group discussions. Parents participated in role-playing

activities to explore various real-life situations where values could be applied to guide children's behaviour. This activity encouraged parents to reflect on their own parenting styles and how they can model these values for their children.

Communication Strategies

The facilitator emphasized the importance of effective communication in fostering understanding and trust between parents and children. Several communication techniques, including active listening, non-violent communication, and expressing empathy, were introduced to help parents address conflicts with their children constructively.

Emotional Intelligence

A segment was dedicated to emotional intelligence, highlighting how parents can nurture their children's emotional awareness. The workshop emphasized how understanding emotions, both in oneself and others, is crucial for healthy relationships and personal growth. Parents learned techniques for helping their children label and manage their emotions.

Mindfulness Practices

The session also included a brief introduction to mindfulness practices, encouraging parents to incorporate mindfulness into their daily routines. Practices such as deep breathing, meditation, and being present in the moment were discussed as tools to enhance emotional regulation and reduce stress in both parents and children. A vision of "A Peaceful Home" was

created through a commentary, which the parents wanted to practice every time they said they lost their “Peace”



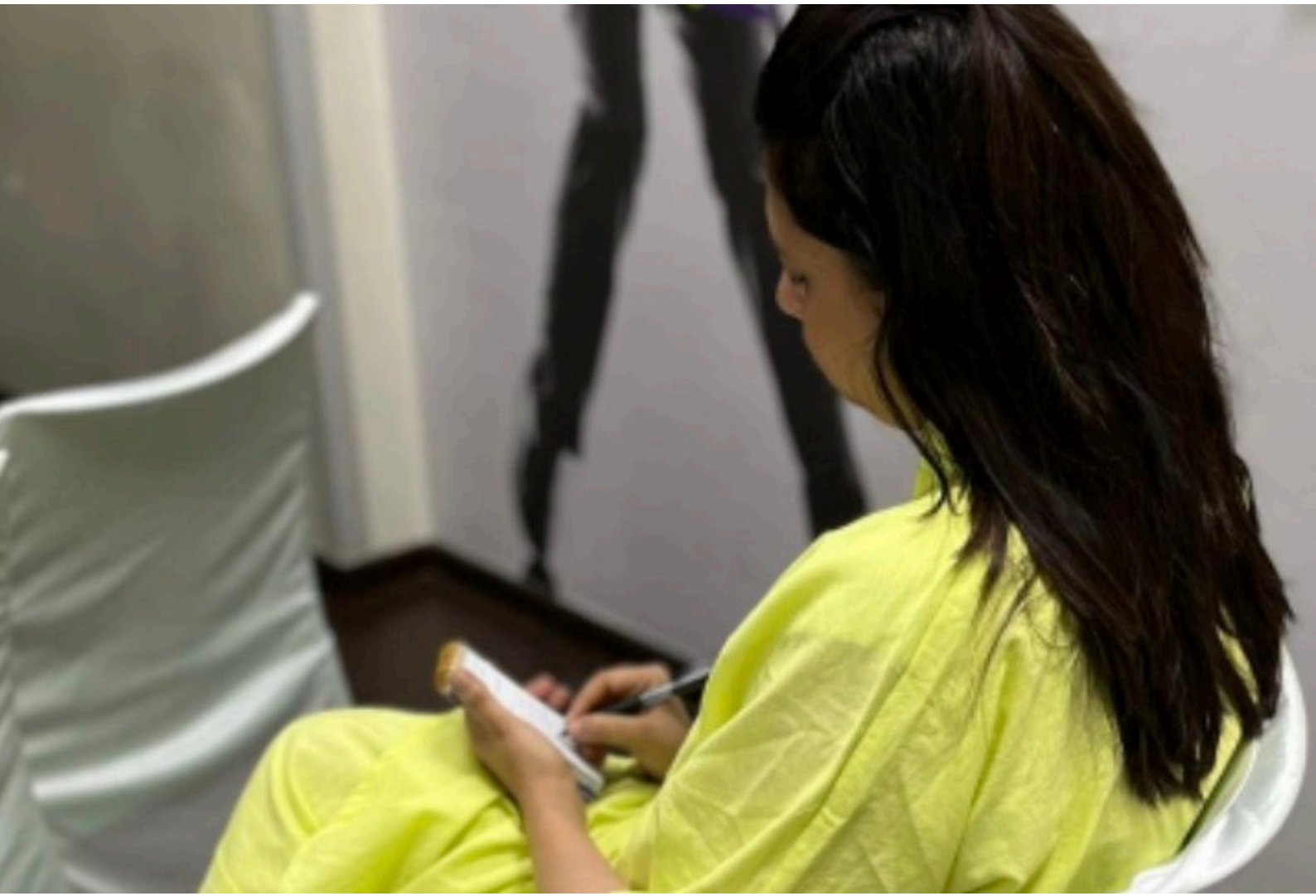
REFLECTIVE ACTIVITY:

A key highlight enjoyed by most parents was reflection. Following questions were asked, for which they had to journal:

What are the top 3-5 values you cherish most in life?

How do these values show up in your day-to-day interactions with your children?









Parenting Challenges and Solutions

Towards the end, the facilitator opened the floor to discussions on common parenting challenges. Parents shared their experiences and sought advice on issues such as dealing with difficult behaviour, fostering independence, and balancing discipline with compassion.

The group collectively brainstormed potential solutions and shared resources for continued learning.

Feedback from Participants

Participants shared positive feedback regarding the interactive nature of the workshop. Many parents expressed that the session provided valuable insights into how they can be more mindful in their approach to parenting, especially when it comes to managing their emotions and responding to their children's needs. Several parents also appreciated the practical strategies they learned to build stronger, value-based relationships with their children.

A few of the participant comments include:

“The workshop gave me new perspectives on how to handle difficult situations with my children. I now feel more equipped to teach them life values.”

“I loved the mindfulness exercises. I'm going to practice them with my children, to see positive changes in how we communicate.”

“The interactive activities were a great way to reflect on our parenting styles and learn from others.”

Conclusion

The Living Values Workshop for Parents at JBCN was a highly successful initiative aimed at empowering parents with the knowledge and skills to raise emotionally intelligent, compassionate, and value-driven children. The interactive nature of the workshop, combined with practical takeaways and real-life strategies, ensured that participants left with valuable tools to enhance their parenting journey. Moving forward, the school plans to continue offering similar monthly workshops to reach a broader audience and contribute to the holistic development of children in the community.