



In collaboration with



presents

Precious Parenting Workshop

5th Feb, 2025

JBCN International School , Parel

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www.livingvalues.net



Facilitator - Toral Shah

No of participants - 28

Participants deeply reflecting on “What values are important to them right now, which ones do they wish to use at home?”



Participants in a power dialogue discussing the major parent concern - “Think Before saying, ‘No’”



Participants role playing in a situation where the one parent is nagging the child (Parent pretending to be a child) to get off the screen, whilst the child argues with the parent for some more screen time. They realise how one feels when they are shouted at, and thereafter they enact the same situation in a peaceful way.



Participants visualising a 'A Peaceful Home, with harmonious beautiful relationships'



Participants reflecting and discussing on - What are the situations that challenge your peace? And how would you advise yourself to overcome them?



Parents Feedback

I attended the Living values workshop at school which was an eye opener. We as parents are so caught up with multiple things, that sometimes we lose the right way of raising our kids. This workshop for me, touched the right points of self-development and affirmations, which will not only help me to see my own personal growth but in turn impact my child positively. Thank you so much for helping parents like me who need guidance and regular reminders

Parina Mehta

Thank you for this opportunity. I attended the workshop today and it was as if it was designed for me. From entering the seminar hall in an overwhelmed, unhappy mood to feeling much more relaxed by the end of it. It's great that there are experts who can guide us parents to be more fulfilled and happier as it's the toughest job in the world as we frequently are in a "self-doubt" mode.

So, I look forward to Phase 2 of the workshop.

I strongly feel that such workshops (age appropriate) should be planned for younger kids also as a lot of problems begin from Grade 1 onwards. These smaller problems become the cause of bigger problems when these kids enter their teens and eventually become a part of their being. When they know that they're not alone and each of their peers is facing something or the other, they're reassured and also find innovative ways to improve the situation with correct guidance.

Shubhangi Bansal

Thank you for the synopsis. The Precious Parenthood session was too good and i am eagerly awaiting the next one

Dr Dharini Sheth

The session shattered some beliefs / norms, it forced me to look inwards and reflect on myself and my balance. Answers to some simple questions were eye openers and resulted in a change in perspective that I embraced with absolutely no resistance. The session had very clear pointers and actionable that made the transition from a self-doubting parent to an empowered one. A soul enriching session, I look forward to the next one.

Would recommend this as a mandatory for every teacher and parent.

Thank You for all your efforts

Grade 7 Parent

Nice to hear and see what other parents are also facing. Each parent has their own unique challenge and this was a nice session to get a better understanding of how we all can deal with the challenges of bringing up our kids in a loving home.

The session was truly insightful and awakening. The facilitator-Ms. Toral was highly knowledgeable, and the engaging format made it impactful. Strategies shared through real-life scenarios and behaviour management tips were incredibly helpful. It was a highly beneficial experience! Regular monthly sessions like this would be an excellent support for parents.

Grade 3 Parent