



RAISING BOYS: NURTURING EMOTIONAL INTELLIGENCE

It's never been more important to help boys develop emotional intelligence, learn tolerance and empathy for others, and be able to communicate effectively. We want boys to feel confident about their natural qualities and the many positive male attributes. We also want them to be able to self-regulate, handle upset and setbacks and develop healthy friendships. We want them to be willing to seek help and advice when they need it.

There are ways that parents can talk and listen to their sons that nurture boys' self-esteem, strengthen the parent/son relationship with them, and boost boys' problem-solving skills and resilience.

This workshop covers the following topics:



UNDERSTANDING THE NATURE AND NURTURE OF BOYS

We look at some of the key differences (and similarities!) between boys and girls, and how these differences affect the way they feel, think and behave.



DEVELOPING EMOTIONAL INTELLIGENCE

We share skills to grow boy's emotional intelligence and ability to self-regulate. Being able to recognise and express their emotions positively leads to better communication skills and relationships. It also means boys develop empathy and tolerance for others. When we know how to listen and talk to our sons, they turn to us for support and guidance.



ENCOURAGING POSITIVE ATTITUDES TO EFFORT & FAILURE

We discuss how to help boys develop a positive attitude to schoolwork, and other challenges. This means they feel less need to protect themselves from failure, or prove themselves in other ways, and become more resilient in the face of setbacks and disappointments.



PREPARING BOYS FOR DIFFICULT SITUATIONS & CHALLENGES

We explore the best ways to hold productive conversations with boys so they feel empowered and capable to handle friendship challenges, as well as other potentially sensitive or difficult issues.