

Dolly Bhargava Presents *Achieving Practical Positive Solutions Workshop Series*



Dolly Bhargava is a Speech Pathologist with a Masters in Special Education. She has 17 years of experience in providing positive, realistic and practical solutions to children, adolescents and adults who have emotional and behavioural difficulties 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 for more information

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	22 /10/18 (9:00am—3:00pm)	-Development of emotions -Understanding anxious, oppositional and aggressive behaviour -Effectively responding to anxious, oppositional & aggressive behaviour -Developing emotional regulation skills at school, home and community - Understanding compassion fatigue and caring for ourselves
☐ Attachment and Development of Self Regulation Skills	22/10/18 (4pm – 7pm)	-Define attachment -Understand secure attachment -Types of insecure attachment i.e. insecure anxious, insecure avoidant and disorganized (trauma based) attachment -Strategies to effectively respond and develop the individual's self regulation skills students with insecure attachment
☐ Assessing, Preventing and Managing Challenging Behaviour	23/10/18 (9:00aam – 3:00 pm)	- 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 - Understanding compassion fatigue and caring for ourselves

Behaviour Zen Pty Ltd (ABN: 74612728275)

REGISTRATION INFORMATION

Who?	Parents, Early Childhood, Primary and Secondary Educators, Disability Staff and Professionals
Where?	Geraldton Primary School. 75 Fitzgerald St. Geraldton
Register	Email form to qualitycommunication1@gmail.com or call 0423 293 254

PLEASE TICK	WORKSHOP TITLE/S	COST INC GST	PARTICIPANT NAME/S
☐	Attachment and Self Regulation Skills (22/10/18)	☐ \$132	
☐	Developing Emotional Regulation Skills in Individuals with Anxious, Oppositional and Aggressive Behaviours (22/10/18)	☐ \$220	
☐	Assessing-Preventing-Managing Challenging Behaviours (22/10/18)	☐ \$220	

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: _____