

Sample Topics for Dr. Alamar's Workshops

**Each Workshop can be customized to target parents of children of different age groups*

Parent Workshops

1. Raising Kids with Character

Raising healthy children with a strong moral compass and an ability to sustain meaningful relationships can be a challenge even in the most ideal situations. Add on a variety of extracurricular activities, sibling relationships, technology issues, professional and social commitments, and a biological need for food and rest, and you've got your work cut out for you. Dr Amy Alamar will share a practical approach to parenting kids with character that will help you be the parent you want to be while riding the waves of the daily the grind. This interactive presentation will include strategies to:

- Talk with your child
- Nurture your child's authentic self
- Keep perspective as you embrace your daily parenting challenges

2. Parenting Digital Natives in the Information Age

This interactive presentation will address the use and over-use of technology used for homework, leisure, socializing and the challenges it presents to families. Dr. Alamar offers practical strategies parents and children can use to truly embrace this new digital frontier without fear and within reason. Included will be strategies to:

- Teach your children digital citizenship
- Develop an open conversation for the unpredictable
- Help your child develop a strong moral filter
- Support your child's social life online and off

3. Supporting Your Child's Education Without Managing It

With polarizing programs such as Common Core and personalized instruction, many parents are confused and conflicted about how to determine the quality of education being provided for their children. Do they have any recourse? What do parents need to know in order to nurture their kids' education and how can they stay in the loop without interfering with the learning experience? This workshop will address strategies to:

- Learn how to help without taking over
- Understand your child's progress and needs
- Determine when to contact a teacher about your child's challenges at school

4. Talking With Your Children: Conversation without Confrontation

Conversation is a pathway to developing and sustaining a healthy and trusting relationship with your child. Hormones, attitude, and personality? Welcome to the tween and teen years. Dr Amy Alamar will lead this interactive workshop, which will include a conversation about parenting the independent, emerging adult while still nurturing the playful child. You will have the opportunity to explore and prepare for real-life situations. Specifically, we will address:

- Initiating and maintaining an open dialogue
- Developing an authentic and honest relationship with your child
- Supporting your child's social life
- Broaching the difficult subjects

5. Approaching the College Conversation and Application Process

Applying to college is an important milestone for many children and one that parents need to participate in – but to what extent? It can be a tricky, and sometimes overwhelming time, with kids getting ready to leave home, perhaps for the first time. How do you prepare them and how do you prepare yourself? Topics addressed are:

- Finding a good fit academically, socially, and emotionally
- Supporting the application process without writing the essay
- Handling rejection
- Determining when college is not the next step

Professional Development Workshops for Teachers and Administration

1. The Home-School Connection

Teachers and administrators communicate with all stakeholders in a school community regularly. It can be a challenge to meet the communication needs of students, parents, and staff, all while planning, implementing and evaluating curriculum. This workshop will help to address these challenges and will include practical strategies to incorporate:

- Professional communication
- Collaboration with colleagues, students, and families
- Inviting productive parent participation

2. Using Reflective Practice to Engage Students, Schools, and Families

The high expectations placed on our students and our schools today can often lead to a disconnect between parents, teachers, and students. This disconnect can lead to a variety of negative outcomes for all stakeholders, including missed opportunities to model effective communication and promote resilience. This interactive workshop will introduce practical

strategies to address this disconnect using reflective practice, an established and research-based educational concept. This workshop will include the opportunity to:

- Discuss research on engagement with learning and student well-being
- Explore a framework for reflective practice and how to incorporate it
- Learn and practice strategies to work with parents, students and the school community to embrace achievement without the pressure of performance

3. Curriculum and Instruction Design

Amy will help your faculty and administration develop units of study using the Understanding by Design (UBD) framework. This unit will include enduring understandings, essential questions, differentiated learning activities, a summative assessment plan, and a systematic instructional plan with measurable objectives. Learning activities can be standards-based, will include differentiated instruction, will build on one another, and will include authentic formative assessments. This workshop can function as a train-the-trainer model or Amy can walk through the entire curriculum-building process with your team.

4. Curriculum Mapping

Amy will walk your faculty and administration through the curriculum mapping process. You will learn how to unwrap a standard throughout the curriculum beginning as early as Pre-K and moving through the curriculum as high as 12th grade. Amy will help you to draft essential questions and enduring understandings for each standard at each grade level (with an option to design summative and formative assessments at each grade level). This workshop can function as a train-the-trainer model or Amy can walk through the entire curriculum with your team.

Workshops for Businesses and Organizations

1. Developing a Career through Reflective Practice

Research shows that working moms work an equivalent of two full-time jobs by the end of the week. Research also suggests that reflection on one's own experience can help to support leadership skills. With a lack of time and a desire to get more done, reflective practice is a research-based theory that offers unique insight into how to be more productive without taking on more. Reflective practice is a research-based educational concept that helps us access our own experience to maximize what we're doing well and helps us hone our behavior in areas that are challenging. Learning to employ reflective practice on a regular basis facilitates better understanding of ourselves and others. It also allows us to be more conscious of our role in our professional setting and helps to inspire behavioral changes. The concept, while simple in theory, can still be challenging to learn and use effectively. Developing as a reflective practitioner will help you to improve communications and strengthen connections, while also developing personal, achievable goals, allowing you to develop a professional community

around you and a career path you will be proud of. Through engaging discussion and interactive activities, this workshop will include practical strategies to use reflective practice to improve:

- Using professional communication
- Building collaboration with colleagues and your network
- Recognizing and developing productive participation in professional situations

2. Turning Down the Noise So You Can Focus on the Balance

We're all busy but we don't have to give in to the stress and let it dictate how we act. It's easy to lose our focus when we are busy, but with a few simple tools taken from educational psychology research, you can learn to make choices that allow you to be the best you can be at work and with your kids. It's not easy, but I've found that the trick to finding this elusive balance is to give up the teetering and tottering and leaning into the priority of the moment. Once you've taken the leap, you can then stop and reflect. If it's not working, then change it and stop worrying about the balance.

We encourage our kids to learn from their mistakes, but we often forget to take our own advice. I translate reflective practice, a research-based educational concept, for use by working moms to use in their parenting. The principle asserts that you know you're going to have both good days and not-so-good days. So why not use those experiences, both good and bad, to improve your confidence in your own parenting? We'll walk through hands-on exercises, using your own questions and examples, to learn how to use those experiences to build your confidence for future decision-making.

The secret to a work-life balance is that there is no one balance that works for everyone. It's a constant dance we do to raise our children, nurture our relationships, and be all we can be at work. Using data-driven best-practices we can help to dig deeper into our work and our home lives and reduce the noise surrounding all of the other things we "should" be doing. In this interactive session, working moms will learn how to apply reflective practice to their parenting in order to help them prioritize and keep their priorities at the top.