



## Family Matters @ Chung Cheng High School (Main)

### Parenting Talk: “Effective Counselling Skills for Parents”



**Date:** Saturday, 19 Sep 2015

**Venue:** Chung Cheng High School (Main)  
D&T Gallery Room, Level 2

**Time:** 9.30 am – 12.30 pm

Parenting is perhaps our most difficult job, and the most important responsibility that we may ever have in our lives. Unfortunately, we receive little or no formal training in parenting, unless a crisis emerges. Often parents either do what our parents did, or attempt the exact opposite, depending on our opinion of the parenting we received. No one provides us with clear guidelines about the right way to parent.

Many diligent parents have tried to attend parenting talks and workshops to improve their parenting skills. However, they may be lost and do not know what to do when their children face some problems in school or at home especially their teenage children. One of the common problems is that parents do not know how to approach the subject and help their children to learn from the challenge. In this workshop, you will be armed with basic and practical counseling skills to help your children walk through difficult phases or struggles of their life.

#### **Profile of speaker (Mr Asher Eng )**

Asher has a Master Degree in Counselling from Monash University and graduated with a Computation Honours Degree in Bachelor of Science from University of Manchester Institute of Science & Technology. He is also a certified Behavioral Consultant using different personality profiling tools. He is a Triple P instructor and PREP instructor certified by MSF.

For the past eleven years, he had been involved in non-profit organization which gave him to opportunity to travel to South Africa, China, Taiwan and other part of the world and provide consultation works and training in the non-profit organizations in these countries.

His company, Unleash & Soar, provides Leadership & Life-Skills training, Counselling/ Executive Coaching and Human Development Consultation. He is also a freelance trainer and lecturer, and a lay counsellor in Touch Community Service.

**To sign up for this parenting talk, please register via SMS and provide the names of parents and name/class of the child to our Family Matters @ School Coordinator, Mrs Lim Whee Nai. Her Hp contact number is : 8799 1175**