



Family Matters @ Chung Cheng High School (Main)

Parent-Teen Bonding workshop cum Air-Rifle Activity “Topic: Keep Calm and Let’s Talk”



Date: Saturday, 22nd October 2016

Venue: Chung Cheng High School (Main)

Time: 8.30 am – 1.30 pm

Participants: One parent and one child per family (limited to 20 pairs)

Fees: FOC (All costs fully borne by Family Matters @ School including transport to SAFRA Yishun)

Note: parents can also opt to attend only the talk from 8.30 am to 10.30 am

Synopsis

Do you ever feel as if you’re speaking to a brick wall? Do you find yourself repeating the same instructions over and over and your child still won’t cooperate? Believe it or not, it is possible to talk so your kids will listen. Learn how empathy can open the door into your child’s heart and help turn problem behavior around. This talk will also equip you with simple but effective tools for communicating with your child and strengthening your parent-child bond. At the end of the talk, parents will be able to

- Empathize with their child.
- Engage their child cooperation.
- Understand the importance of encouraging their child.

Profile of speaker (Mr Gary Koh)

Gary Koh is a charismatic platform speaker who regularly conducts motivational talks and training workshops on parenting and mentoring teenagers, marriage, youth sexuality, leadership and character development. A graduate in Journalism and Communication, Gary worked in both the advertising and IT industries before pursuing his passion for people. In 2006, he founded Life Centre, a non-profit organisation dedicated to shaping the lives of youths through instilling values that would raise them as principled young people to shape future generations. Gary is presently a school guidance counsellor in a junior college. With over a decade’s experience working with youths and their parents, he is a firm believer that a good marriage is the foundation for a healthy family. Gary is passionate about advocating that young adults have the ability to impact society in the area of family if they are given a healthy model of family, and proper encouragement toward strong and lasting relationships. Gary has been married to Joanna for over a decade. They have a primary-school aged son, Tobias.

To sign up for this parenting talk, please register via SMS and provide the names of parents and the name & class of your child to our FamilyMatters@School Coordinator, Mdm Eileen Tay. Her contact number is: 9862 2644