

Teaching Kids Positive Thinking

An Abundance Workshop for Parents



Hello Parents!

Please join author, expert facilitator and psychologist Traci Clayton, PhD for this knowledge-packed, fun and engaging 3-hour introductory workshop about **Teaching Kids Positive Thinking and Abundance Mindsets.**

This workshop is a **SNEAK PEEK** into the concepts in Dr. Clayton's upcoming book on the topic, written with her twin boys. See the testimonials here for all the positive buzz on this soon-to-be-released book for kids and families!

Learn practical tools and proven approaches for teaching kids (and your whole family!) the skills and strategies they need to lay the groundwork for a healthy mental, emotional and social life.

This workshop will teach parents how to:

- Support kids to become more **resilient**
- Nurture kids toward a **'can-do' mindset**
- Facilitate healthy sibling **relationships, not rivalries**
- Teach kids to manage negative emotions with **positive self-talk**
- Coach stressed-out kids to **take ownership** of their choices and their outcomes
- Guide high-achieving kids to **find balance, peace and self-satisfaction**
- **Added bonus for weary parents:** *Get your own joyful groove back. That passionate, 'alive' side of you probably took cover ages ago and is lurking somewhere down between the couch cushions with the last 4 years' worth of goldfish cracker crumbs and your missing game dice. Join this powerful workshop and we'll help you find it. You won't regret it!*



Traci Clayton, PhD is an author, speaker and highly effective workshop facilitator. She is the owner of *Insight from the Outside*, a Nashville-based consulting firm. Traci is known for her deep insights that bring together multiple perspectives to help clients solve some of their toughest challenges. Her early career as a clinical psychologist working with patients and families in the mental health arena, coupled with the last 15 years of her career in the executive & leadership development space, led to her passion to teach positive thinking to kids and families. Her new book (co-authored by her 10-year-old twins) offers these teachings to the receptive and creative minds of children, to prevent them developing rigid thinking habits before adulthood. **Her goal is to help kids and families become more resilient and capable in life through positive thinking and Abundance mindsets.**

More about Traci at www.DrTraciClayton.com

WHO?

For parents, grandparents, teachers, coaches, nannies or any adult looking for overall happiness!

WHEN and WHERE?

Saturday, July 28th

9am-12pm

Brentwood Public Library

OR

Wednesday, August 29th

5:30-8:30pm

Brentwood Public Library

FEE?

Investment in your happiness is \$100 per person.

BONUS #1: Add 1 family member or friend for \$60 (if registered and paid together).

BONUS #2: Register at least 10 days prior to the workshop date to receive a free Gratitude Journal.

To register, email Traci@DrTraciClayton.com
(Payment will be by Venmo, Paypal or Check)



You'll take home worksheets for kids, family exercises and other useful tools. Enjoy your fellow Abundant participants and gain a new peer support group!

Who doesn't need that?!

Praise for Dr. Clayton's Upcoming Book on Positive Thinking for Kids and Families:

"A wonderful tool for kids and grown-ups of all ages!"

Anne C. Oscherwitz, MD, Psychiatrist, Chicago, IL,
mom of two, ages 12 & 16.

"Easy, simple, direct, motivating and inspiring."

Leah Cordovez, MD, Integrative Physician,
St. Thomas Medical Partners, Nashville, TN,
mom of two, ages 14 & 16.

"Abundant Kids ROCK!" is THE recipe for how to create and radiate positive energy for you and your family."

Cori Charvat, Harvard Business Publishing,
Denver, CO, mom of three, ages 8, 10 & 12.

"This book is awesome... I've changed my thinking because I learned that anything is possible."

Eli, 12-year-old boy.

"Reading this book was immediately uplifting..."

Nathan, Justin and their mom are an inspiration for kids everywhere!"

Allison Currie, Systems Manager, Ann Arbor, MI
mom of two, ages 19 & 22.

"This book is what all humanity needs to read... it would fix most all the bad things in our world."

Virginia, 12-year-old girl.

"This should be taught in grade school!"

Gary Mart, MD, Child & Adolescent Psychiatrist,
Chicago, IL, dad of two, ages 12 & 16.

"Great for adults or families on the go."

Hillary Quist, MA, Public Charter Middle School Math Teacher and Education Consultant, Hoboken, NJ,
mom of two, ages 15 & 17.