

# Helping your child set goals

Friday, 19 Jan 2018 11.15 a m – 1.15 p.m.

Venue : Clementi Primary @Teaching Lab

Goal setting is not just about jotting down things you want to do in life. It is much more than that! Particularly, the process should be the main emphasis and children need parents to be there to guide them along the way. The whole idea of helping your child for goal setting is to get them started in the life-long frame of mind for thinking, planning and taking action to achieve results.

The ability to set goals and follow through is a valuable life skill. Having this ability to achieve goals enables our children to develop confidence and self-esteem, believing that they are capable and competent. As parents, we need to help our children to learn about setting goals and reaching them. However, the goals must be theirs and parental role is to help them come up with specific and realistic plan to reach the established goals. The speaker, Ms Irene Ong will share with parents some practical and useful tips on how to better support your child.

## Speaker's Profile.

Ms Irene Ong is a certified ACTA Trainer, DISC Analyst and MSF approved Family Life Education Speaker. She has a Master in Counselling and has been conducting parenting talks for more than 5 years.

Her working experiences include counselling services for ex-offenders on addictive behaviour such as drugs, smoking and drinking as well as after-care support at half-way houses.



Currently, besides being a speaker/trainer, she offers counselling services at Family Service Centre, targeting youths, adults and families. She also conducts anger management for youths and young adults, as well as marital counselling for couples. An active volunteer, Irene has been devoting much of her time on volunteering work to welfare organisations, families as well as helping out in many grassroots activities to bond and build strong families.

Registration is open till 16 Jan 2018.

- (1) To register online, click [here](#) OR
- (2) SMS or whatsapp names of attendees, child's name & class to Mr Zahid at 90011779 OR
- (3) Email the above details to [cps.familymatters@gmail.com](mailto:cps.familymatters@gmail.com)

For enquiries, call FamilyMatters@School Coordinator Mr. Zahid at 90011779

*(Light refreshment will be served)*



FAMILY matters!