



## EMPOWERING YOUR CHILD TO BE A CHAMPION

Friday, 20 July 2018  
6.45pm – 9.15pm  
Clementi Primary School  
Teaching Lab, Level 6

Being a champion does not mean winning all the time and at all costs. Being a champion means being able to have the inner mental strength and skills to face challenges in life. With constant set-backs such as failures, rejections, disappointments, comparisons and insecurities in today's competitive environment, students need to have the mental strength to be overcomers. Parents can play a vital role in helping their children develop the mindset and the necessary skills of a champion. In this talk, the speaker will share on:

- ✓ The difference between champions and losers.
- ✓ The goal of most children.
- ✓ Is your parenting style creating a winner or a whiner (loser)?
- ✓ Overcoming the greatest obstacle to being a champion – failure.
- ✓ The two essential ingredients of being a champion -
  - Developing a positive self-belief through communication.
  - Developing a growth mindset and a set of resiliency skills.

Registration closes on  
Thursday, 19 July.

To register, please scan the code  
below:



\*Light refreshment will be provided.

For enquiries, please call  
Mr Zahid at 90011779  
or email to:

[cps.familymatters@gmail.com](mailto:cps.familymatters@gmail.com)



*Empowering Families Through Family Matters*

### Speaker's Profile



Mr. Alastair is a professionally trained counsellor who works with teenagers, youth-at-risk, families and couples. He also conducts Self-Awareness, Family & Community Reintegration, Fathering and Gang Renunciation Programs for male inmates in Changi Prison.

He holds a Master in Social Science (Professional Counselling) from Swinburne University of Technology in Melbourne, Australia and is a Certified and Licensed Neuro-Linguistic Programming (NLP) Practitioner. He also majored in Cognitive Behavioral Therapy and is also trained in Psychodynamic Psychotherapy, Redecision Therapy, Choice Theory/Reality Therapy, Solution Focused Brief Therapy and Acceptance & Commitment Therapy.