

# Using your OARS

Open-ended Questions, Affirmations, Reflections, & Summaries

Facilitated by

Jason Wilcox, LCSW

Tuesday, May 12<sup>th</sup> | 5:30 - 6:30pm

LIVE via ZOOM webinar

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This week we will begin to look at very specific communication techniques that can help move your parenting approach into a way that strongly engages and influences children to listen, own their choices, build confidence, and doesn't damage relationships. We hope you'll join us!

Register at: <https://tinyurl.com/yagcbnuq>

Questions? (530) 261-1297

Jason Wilcox, LCSW, co-author and developer of **Motivational Interviewing for Leadership: MI-Lead**. He is a national trainer and consultant for Motivational Parent, MI-Lead, Motivational Interviewing, and Motivational Enhancement Therapy. He is a dedicated husband and father of three amazing kids.



| Day                                | Time             | Event   | Details/Link  |
|------------------------------------|------------------|---|---|
| Tuesday<br>April 7 <sup>th</sup>   | 5:30 -<br>6:30pm | <b>Stress Management Facing COVID-19</b>  | This group discussion will go over things you can personally do to help with stress from what is happening in the home and community with COVID-19. We will discuss elements that you can use in our current situation and in future stressful situations. We will also take time for an open discussion about what factors at home may be causing stress, and discuss specific ideas to reduce those stressors. <b>Register at:</b> <a href="https://tinyurl.com/vn4anle">https://tinyurl.com/vn4anle</a>  |
| Tuesday,<br>April 14 <sup>th</sup> | 5:30 -<br>6:30pm | <b>Stress Management for Oneself and the Family</b>                                 | In this group we will go over something called the “circle of influence” and “circle of concern”, which helps realign our focus to the things that really matter. We will do a review of last week and look at specific stress management techniques you can use in the home as a family. <b>Register at:</b> <a href="https://tinyurl.com/wnjv6a5">https://tinyurl.com/wnjv6a5</a>   |
| Tuesday,<br>April 21 <sup>st</sup> | 5:30 -<br>6:30pm | <b>Parenting during COVID-19, Challenging Paradigms, and Importance of Attitude</b> | Week 3 will look at specific situation’s parents are facing during the COVID-19 situation and look at ways to parent during the stressful circumstances we are in. We will also go over what a paradigm is, why it’s important, and how to challenge it to help you grow in a strong way. Lastly, we will look at the bigger picture of attitude and why it can either drive you forward or drive you backwards. <b>Register at:</b> <a href="https://tinyurl.com/rrk5j4o">https://tinyurl.com/rrk5j4o</a>  |
| Tuesday,<br>April 28 <sup>th</sup> | 5:30 -<br>6:30pm | <b>Mindfulness</b>  | Week 4 we will do a deeper dive into one of the most well-researched methods of dealing with stress and anxiety in life, Mindfulness. We will learn what it is, why it’s important, and how to practice it. We will look at the many different aspects in life where we can adopt mindfulness or variations that might work for you individually. Mindfulness has tremendous health benefits beyond just stress reduction. <b>Register at:</b> <a href="https://tinyurl.com/tlzsmzm">https://tinyurl.com/tlzsmzm</a>  |
| Tuesday,<br>May 5 <sup>th</sup>    | 5:30 -<br>6:30pm | <b>Guidance and Structure (Righting Reflex) vs. Force and Reactive</b>              | Week 5 goes over how to apply appropriate structure that allows children to feel confident and safe in their environment. We’ll discuss a little on what that structure might look like. We’ll talk about a KEY concept called the Righting Reflex, why it’s critical, and how to use it in a way that can change all of your conversations. We will then look at the difference between guidance vs. forceful parenting, and how this impacts the home. <b>Register at:</b> <a href="https://tinyurl.com/rfxngyc">https://tinyurl.com/rfxngyc</a>  |
| Tuesday,<br>May 12 <sup>th</sup>   | 5:30 -<br>6:30pm | <b>Using your “OARS”</b>  | This week we will begin to look at very specific communication techniques that can help move your parenting approach into a way that strongly engages and influences children to listen, own their choices, build confidence, and doesn’t damage relationships. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a>   |
| Tuesday<br>May 19 <sup>th</sup>    | 5:30 -<br>6:30pm | <b>Partnership</b>  | Weeks 7, 8, 9, and 10 will look at how to apply OARS through the lens of important foundational principles that accelerates the impacts OARS can have. Partnership looks at the way we align our relationships with our children in a way that seeks collaboration. This becomes critical as our children develop and grow into adults as they will learn to discuss things with you and hear your thoughts. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a>  |
| Tuesday,<br>May 26 <sup>th</sup>   | 5:30 -<br>6:30pm | <b>Acceptance</b>   | This concept will walk you through elements that can make or break relationships with children. Individuals need acceptance in order for them to have the space to fully look at their own thoughts and gives them the best opportunity for growth. Children can feel calmer when there is conflict. Helps them feel ok with who they are and where they are at in life. Increase likelihood they will engage in the conversation instead of shutting down. Kids feel more secure in their relationship with you. Gives the space for children to build confidence. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a> |
| Tuesday,<br>June 2 <sup>nd</sup>   | 5:30 -<br>6:30pm | <b>Compassion</b>   | Compassion practice has been shown by research to enhance your health, psychological well-being, relationships, and sense of purpose. It’s been shown to impact longevity of life. To decrease stress and inflammation. The more compassion we have, our rate of loneliness decreases. Compassion with parenting will create a space that the child will more likely engage with us, want and feel our support, builds trust, and often can help bring about action. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a>  |
| Tuesday,<br>June 9 <sup>th</sup>   | 5:30 -<br>6:30pm | <b>Evocation</b>  | Evocation helps kids develop critical thinking skills, they become more invested in their ideas, they are more likely to act, they are more likely to want to keep coming back to you to talk through issues, concerns, problems, etc. It can help build a sense of confidence in the child. They feel like you trust and are interested in them and connected to you. They feel they are valued and that their opinion matters. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a>  |
| Tuesday,<br>June 16 <sup>th</sup>  | 5:30 -<br>6:30pm | <b>Mindful Eating</b>   | In week 11 we will be discussing the important aspects of the way we eat and how that affects our eating habits. You’ll be guided through multiple ways to do mindful eating, as well as looking at other ways to be successful with your eating habits that you can also use to work with your children’s eating habits. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a>   |
| Tuesday,<br>June 23 <sup>rd</sup>  | 5:30 -<br>6:30pm | <b>Nutrition, Your Health, and How the Diet Impacts Stress</b>                      | This course will look at how and what we eat, and how that impacts our health, inflammation, and stress. We’ll discuss healthy ways to eat, important healthy foods, why a healthy diet is important. We’ll also discuss ways to have a healthy diet for the family, how to work with our children to eat healthy, and how to eat healthy on a budget. <b>Register at:</b> <a href="https://tinyurl.com/yagcbnuq">https://tinyurl.com/yagcbnuq</a>  |

Here is a link for a quick tutorial on how to use Zoom: <https://www.youtube.com/watch?v=hlkCmbvAH0Q>