

Dynamic Relationships



Facilitated by
Dr. Ernie Mendes

In each monthly class, we will discuss ways to maximize our effectiveness in all of our relationships and learn to support parents, teachers, child care providers, leaders, team members, youth, and teens in their relationships. We will continue to build community during each of our sessions, learning from each other's experiences, practicing conversational skills, case examples, and new ideas.

Participants in this series will learn how to:

- Understand and flex with different social personality styles
- Continue to build your bank of self-regulation skills
- Practice and apply reflective conversations in various contexts
- Learn the top influence strategies from Social Psychology
- Understand how to cultivate high performing teams
- Gain insights into the adolescent brain
- Identify your buttons
- How to balance structure and nurture in parenting

This training is made possible at no cost to participants because of collaboration and funding support of the organizations illustrated below. First 5 Siskiyou thanks them for their partnership and encourages others to join in this effort. **Together Everyone Achieves More!** To join in this partnership, contact **Karen Pautz** at **530.261.1297** or karenpautz@first5siskiyou.org.

2021

JUL
29TH

AUG
16TH

SEP
30TH

OCT
28TH

DEC
2ND

Relationships are the foundation of Success. They buffer us against the effects of stress and change. They form us through interactions. And they also challenge us by triggering unresolved facets of our life experience. The pandemic has recently put a light on how important they are in our life.

People live longer and are healthier when they are in supportive relationships and they suffer more when they are in dysfunctional relationships. And, one of the most important relationships is our relationship to our self. Self-compassion research shows us that being kind to ourselves results in more compassion and understanding toward others.

Important:
You must register for each monthly class.
Register at:

<https://first5siskiyou.org/ernie>

Each training session is from
9:00am to 12:30pm

Questions? 530.598.3905

More about...

Ernie Mendes, Ph.D.

Dr. Ernie Mendes is an author, executive coach, consultant, and a professional development trainer. He has been training teachers and leaders since 1988 and has worked with thousands of people from diverse organizations in the public and private sectors, including businesses, school districts, law enforcement agencies, and medical centers. Dr. Mendes' diverse professional background includes a combined 23 years as a classroom teacher at the secondary and post-secondary level and 11 years as a licensed psychotherapist in private practice. He Holds a Ph.D. in Organizational Psychology. Dr. Mendes is a top rate instructor in the Executive Program at UCSD's Rady School of Management. His trainings consistently received the highest reviews.

Dr. Mendes was one of the first to do a doctoral study on Emotional Intelligence (EI). He studied The Relationship Between EI and Occupational Burnout in Teachers. His book *Empty the Cup Before You Fill It Up*® is a best seller with practical activities to build effective relationships at work and in the classroom using EI theory and neuroscience. His book [**Engage 4 Learning**](#) uses four main brain systems to engage K-Adult learners in educational settings.

Ernie has put in the time and resources to become an expert in his field. He is a Licensed Marriage & Family Therapist (LMFT) with specialized training in Neurolinguistic Programming (NLP); Cognitive Therapy, Guided Imagery, Facilitation Skills, Quantum Learning, Gottman research-based approach to Relationships, Treatment of Anxiety Disorders, Understanding and Treating the Brain in Clinical Practice, Brain-Based Teaching and Learning, Cognitive Coaching, Thought Field Therapy, and Mindfulness Based Stress Reduction (MBSR).

In addition to [**Engage 4 Learning**](#), Ernie wrote [**Empty the Cup Before You Fill It Up**](#), a best-selling book that combines brain research and Emotional Intelligence theory. It's about creating mental and emotional space for learning. In Dr. Mendes' new book, [**Virtual Engagement**](#), he describes the most important principles to engage audiences online. As an expert in the field of emotional intelligence, he also focuses on how emotions matter in virtual settings.

Ernie's hobbies have included music (playing guitar in various groups/bands) and martial arts. Ernie studied Tae Kwon Do for 15 years, earning a 3rd degree Black Belt and merely months away from testing for his 4th degree, he became interested in Brazilian Jujitsu (which was new to America -- before the MMA scene). He studied Brazilian Jujitsu for almost 5 years earning a purple belt (the rank before brown belt). With an increased work schedule, the responsibilities of parenting, and a few injuries, Ernie transitioned from martial arts to yoga and walking.

