

13th September 2018

Dear Parent or Guardian

**Upper Four Parent Workshop with Alicia Drummond
Friday October 12, 2018 at Elizabeth College, Le Marchant Room (0:900 – 13:00)**

The importance of the partnership between school and home has always been a strength of The Ladies' College. The support of College parents continues to be a vital component in the success of our students. However, as parents and teachers we are continually faced with new and fresh challenges, particularly as our children enter their teenage years.

With this in mind, we have again invited Alicia Drummond to lead a joint parent workshop for Elizabeth and The Ladies' College Upper Four parents. Alicia works with a number of independent schools in the UK and we have no hesitation in inviting her back to Guernsey after the overwhelmingly positive feedback from her previous workshops. Alicia is a fully qualified counsellor and parent coach who has been working with teenagers and families for many years, both in private practice and in schools.

The parent workshop is designed to enhance the skills, understanding and confidence that parents need to improve family life and prepare their teenagers for adulthood. It will also give Upper Four parents a chance to share ideas and experiences. The workshop will cover issues such as:

- * How teenager's emotional, physical and cognitive developmental needs drive behaviour
- * How our role as parents needs to change as they change
- * How to open and maintain lines of communication
- * How to reduce conflict
- * How to set boundaries (and what to do when they are broken)
- * How to motivate teens to do what they need to do with a minimum of resistance
- * How to build self-confidence

Plus, guidelines on social networking, gaming, pornography, relationships, peer pressure, drugs and alcohol.

Places can be booked by following the [link](#). There is a limit of 24 places. If you wish to read more about Alicia Drummond, please visit her website at <http://www.lets-talk.uk.com/> If you are in doubt about attending, please read the testimonials on Alicia's website.

Unfortunately, Elizabeth College will be unable to offer you parking and alternative arrangements will have to be made

Please return your response form and cheque by Monday 1st October.

Yours sincerely,

E Johnson

Miss E Johnson

PSHEE Co-ordinator