



Mood METER PROGRAM

BUILDING EMOTIONAL INTELLIGENCE

Michael Grose 4-week Parent Well with the Mood Meter Program.

Help your kids learn to manage their emotions, improve their mental health and be happier.

Join Michael Grose for our 4-week online parenting course

Mood Meter Program for Parents

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Mood Meter Program for Parents is one of a series of online courses to teach you how to develop emotional intelligence in your kids:

- Mood Meter is a practical tool developed by the research team at *Yale Center for Emotional Intelligence*
- Gives parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups

The 4-week **Mood Meter Program for Parents** starts on 11 September.

Join now for \$57 to take advantage of FREE access to **Parentingideas Club** before the course starts on 11 September.

Or why not join **Parentingideas Club** for \$197 annual membership and get access to **Mood Meter Program for Parents** plus the CLUB plus 5 more online parenting courses planned during the next 12 months.

(details here: www.parentingideasclub.com.au/Parenting-Programs)

Full details and registration at:

<http://www.parentingideasclub.com.au/Info/Membership>

Or contact the Parentingideas team 03 59831798
office@parentingideas.com.au



Parentingideas Schools
Building Parent-School Partnerships