



**Mighty Willows** is a 2-part workshop developed by Willow Corner. The course is facilitated by *Sharyn Gousmett* (Psychologist) and *Rob Newlove* (Parent and CPS Advocate)

**Mighty Willows: Getting Curious** is the first workshop module and aims to help parents/caregivers/teachers to develop an understanding of children's responses (also known as behaviour, but we don't focus on that!) from the inside out- we discuss the nervous system and how this plays a role in responses, and explore ways to better understand and respond to underlying needs.

During the session we will explore the root causes of behaviours and get curious about what uses up the child's energy (or 'spoons') during the day. We will discuss how to co-regulate with children.

You will leave the workshop with 3 documents to add to your parenting or teaching toolkit to help you explore what impacts on your child on a daily basis; the everyday glimmers that help their nervous system to regulate, and some ideas for the adult and child to regulate alongside each other.

**Mighty Willows: Growing Your Child** is the second workshop module. This session will cover:

- Why commonly used strategies such as rewards or consequences simply don't work.
- How we can help children develop new skills using Collaborative and Proactive Solutions (CPS). This introduction to CPS will provide opportunities to explore how we can create change through working alongside children.

This workshop is relevant for anyone parenting, caring for, teaching, or otherwise supporting a neurodivergent (or possibly neurodivergent) child or youth. The focus is on supporting children who may have differences in their emotional regulation- this includes children who show their difficulties externally (ie through behaviours that we notice), as well as children whose difficulties present through anxiety. The course material is suitable for all ages as the models can be adapted for various age groups.

Mana Ake and Te Whare Awhero are pleased to bring Mighty Willows to the Hornby area!

**Dates:** Monday 12<sup>th</sup> May and Thursday 5<sup>th</sup> June, 9.30am - 1pm

**Location:** Hornby Primary School

**Register at:**

<https://events.humanitix.com/mighty-willows-getting-curious-mana-ake-hornby>

