



New Bridge Worldwide

Autumn workshops and webinars

**BUILDING**

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**BRIDGES**

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**FOR**

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**EXPATS**

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Sign up: [info@newbridgeworldwide.com](mailto:info@newbridgeworldwide.com)  
[www.newbridgeworldwide.com](http://www.newbridgeworldwide.com)

# INTRODUCING WORK WITH FAMILIES

Are you looking for ways to make your family life easier and more harmonious? Parents and couples will benefit from these workshops:

## "How to Talk So Your Kids Will Listen and How to Listen So Your Kids Will Talk"

This 60-minute ZOOM workshop will focus on developing better listening and communication skills. It will be experiential in nature and will include role plays. Facilitator Elisabeth Escobar will give helpful tips on how to develop a style of listening and communicating with others so as to enhance your relationship with your kids, no matter their age.

## "Positive Discipline: Making the Home Life Easier for Everyone..."

Facilitator Elisabeth Escobar will share attributes that Healthy Families have and that participants can strive for. These methods of interaction can result in kids developing a healthy sense of self. When families engage in a manner that is consistent, clear and authoritative rather than authoritarian, kids respond better and a calmer home life is achieved. We will discuss The 4 Parenting Styles and utilize some Positive Discipline Approaches that will help kids learn social skills that will benefit them throughout their lives. Approximate length is 60 minutes.

## "Couples Communication"

This workshop will focus on some areas that many couples find challenging: disciplining kids, division of labor in the home, money management and family dynamics. By understanding your partner better, which comes through clearer and healthier communication, couples can learn new ways to approach difficult topics and work better as a team. This workshop will use video clips and role plays to enhance the material that will be utilized. Approximate time will be 60 minutes.

# INTRODUCING SUPPORT FOR PARENTS AND TEACHERS

Moving places is recognized as one of the biggest risk factors to academic achievement and emotional wellbeing. Parents and international schools are faced with the challenge of how to support growth and thriving for their kids in the midst of constant change. We believe that understanding the developmental needs of youth and challenges of international lifestyles might be the answer on which to base strategies for building resilience in our kids and all who support them. Explore how in our webinars:

## Secure Base: Helping Third Culture Kids Thrive in Transitions

Why moving or staying behind is an unrecognised stressor and why we need to understand and address it. Discover how to turn this stressor into an opportunity for growth and thriving for all involved.

*For parents and/or school professionals, 60 mins, on demand, in person or online*

## Little People, Big Emotions: How to Navigate Emotional Turbulence in Young Children

Are you struggling with immature or very intense behavior of kids in your care? Explore surprising answers to challenges of raising preschoolers and young children. Learn how to foster development of immature children and still nourish their potential.

*For parents and/or school professionals, 60 mins, on demand, in person or online*

## Resilient Adults, Resilient Kids

We focus on adult wellbeing and self-care. Studies show that children thrive when their adults do. By harnessing your own resilience, you will be able to offer it to children in your care. In this webinar we will explore ways to face stressors in a sustainable way.

*For parents and/or school professionals, 60 mins, on demand, in person or online*

## SPECIAL ANNOUNCEMENT: Parent Book Club & Crochet Course in one

**Book and Hook: Rest, Play, Grow** Lively discussions on raising children based on the book *Rest, Play, Grow* combined with the passion to crochet.

*Starts: November 2021, 6 session, 120 mins, biweekly*



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# INTRODUCING GROUP MODULES FOR ADOLESCENTS

The group context has proven to show valuable results in psychosocial education due to its normalization and de-stigmatization effect. According to a survey by UNICEF, 37% of young people believe that it is important to reduce prejudice when it comes to psychosocial support.

In addition to the demonstrated efficiency of the group as a therapeutic factor, group psychoeducational and therapeutic work is of special importance during adolescence, given the role of peers belonging to a group as a development milestone. Group work provides an opportunity to include a large number of young people with high quality service. Adolescent Third Culture Kids (ATCK)-youth from one culture, living temporarily in a second culture, combine both to create a unique set of additional challenges as they transition between childhood and adulthood across cultures. Adolescence is marked by biological, cognitive, and social transitions that often result in challenges to be negotiated. The term "cultural boundaries" is used to clarify zones of diversity and similarity within or between cultures that overlap.

1. Parents and/or Adolescents Workshop: Emotional Regulation Workshop (Anxiety, Social Anxiety, Anger Management, Grieving, Self-destructive behavior, (Cyber)Bullying)
2. Parent Module: Gatekeeping-How to (Re)Connect With an Adolescent Kid
3. Assertive Communication
4. Cross-Cultural Adaption Workshop For Expatriate Adolescents (14+)

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# CUSTOM-MADE TO SUIT YOUR PARENT COMMUNITY



We believe that schools as places of great turnover can be a key player in leading their Third Culture Families to thrive. The expat path can become a path of personal growth and joy if key challenges are addressed and guidance is provided. New Bridge Worldwide specialists will be offering the following webinars and workshops in Fall 2021.

## Working with Families & Empowering Parents

How To Talk So Your Kids Will Listen  
and How To Listen So Your Kids Will  
Talk

Positive Discipline: Making Your  
Home Life Easier for Everyone...

Gatekeeping-How to (Re)Connect  
an Adolescent Kid

Couples Communication

Secure Base: Helping Third  
Culture Kids Thrive in Transitions

Little People, Big Emotions: How to  
Navigate Emotional Turbulence in  
Young Children

Resilient Adults, Resilient Kids

## Group Modules for Teens

Emotional Regulation Workshop (Anxiety, Social  
Anxiety, Anger Management, Grieving, Self-  
destructive behavior, (Cyber)Bullying)

Assertive Communication

Cross-Cultural Adaption Workshop For Expatriate  
Adolescents (14+)

## How can we serve your school community?

In these 60-minute online webinars  
participants will get:

- Key insights on specific topics to enhance better understanding
- Strategies to implement in their daily lives
- Support of a group
- A chance to engage in a deeper work with our specialists