Parent Effectiveness Training (PET) is a unique communication skills course for parents. The principles covered in PET teach you how to:

- Create loving and lasting relationships with your children.
- Develop skills to help you navigate conflict in ways that enhance relationships.
- Recognize the values and the needs of all family members.
- Understand what motivates children’s behaviour.
- Learn skills that encourage open and honest communication.
- Develop responsible, self-motivated and self-disciplined children.

TESTIMONIALS

“Since doing the P.E.T course I have been a calmer parent and I can talk about my feelings more. When I use the skills with my children I really get to the root of their problem and they feel understood. I will be using these great skills for many years to come.”

Laura mother of 3

“After completing the P.E.T course I have integrated the skills with increased awareness of when and how they can be used. I also have more understanding of my children’s feelings and how they are coming from a need. Diane created a very relaxed environment which allowed for active participation.”

Tracey mother of 4

“I’ve always wanted a relationship with my child that is lasting throughout our lives and is based on mutual respect. With PET I believe I will have this. Yeah!!”

Gary

PET has helped me find a path to help guide my children to adolescence and adulthood. B.E.

The P.E.T. program is suitable for parents, step-parents, grandparents, childcare workers and carers.

COURSE DETAILS

Term 4: 8 part program x 3hrs
Evenings starts 8th October
Mondays 6.30pm-9.30pm
Daytime starts 11th October
Thursdays 9am-12pm

Cost: $445 or $690 for couples
GST incl. (Incl.s P.E.T. Workbook)
Where: Sheldon, Brisbane

BOOKINGS:
Contact Diane Rooker
Tel: 07 3121 3358 or Mobile: 0406005177
e: diane@awakening.com.au

For More Information
www.gordontraining.com

EMPOWER YOUR KIDS AND YOURSELF IN DYNAMIC COMMUNICATION SKILLS