



Parenting Workshops

Developing Independence in Children

This workshop will provide parents with essential upbringing strategies that will tap on crucial parental concepts such as, discipline, independence, and motivation. Parents will be introduced to child rearing theories based and learn to apply practical skills that cultivate and develop their child's skills and strengths. This workshop will also introduce parents to the foundations of utilizing the home environment in stimulating their child's development.

The Journey to Parenthood

This workshop helps parents understand their personal journey in parenthood and how it's reflected in their parenting styles; dispel common parenting myths; and understand what it means to be an authentic parent and apply techniques on how to nurture authenticity in their children.

Creating a Family Vision

In this workshop young parents or parents-to-be learn the importance of setting goals, family mission statements and roles of each family member. This workshop aims to help parents develop a holistic blueprint of the values, culture, and goals for having a family and for the home they want to create and nurture.



NAWAH نوا

Conscious Goal Setting for Parents

This workshop helps parents learn techniques to identify the unique strengths of their children and how to work with their children to set their own personal goals. This workshop employs a focus on communication and conscious reward strategies to help children achieve their goals and encourage their uniqueness to shine.

Youth Workshops

Confidence

This motivational workshop will help adolescent girls in understanding and challenging their own negative perceptions regarding self-esteem and body image that is portrayed in the media. Girls will work on evidence based activities that help foster and nurture a healthy body image. This will be the first step in building a strong sense of confidence and self-acceptance.



NAWAH نواح

Game of Majors

This workshop works with youth to help them identify different suitable majors by analyzing their lives from a macro level. Youth will learn reflect on their past accomplishments, future aspirations and present skills and obstacles to develop daily, weekly, monthly and yearly habits and goals that will lead to achieving their goals and ultimately serve as a blueprint for choosing a university major.

Conscious Communication for Teens

This workshop helps youth identify what they feel, understand the “why” behind what they feel, and how those two are directly related to how they communicate. They will also learn skills for turning unconscious reactive communication into conscious proactive communication. Youth will also learn about importance of and how-to listen objectively to others.

Practical Planning Workshops

Conscious Communication: Work Edition

Participants will understand communication style, learn assertive communication and conflict resolution skills. This workshop will help individuals in applying new techniques to improve their public speaking skills and your body language. They will also be able to recognize basic negotiating skills and conscious communication tools that will enrich their work life.



NAWAH نواح

Planning & Pitching Your Own Business Plan

This workshop teaches basic concepts of entrepreneurship. Participants will learn how to turn an idea into tangible business plan; and the basics of business model design and testing, market research, budgeting, and pitching a business idea to investors or collaborators.

What If? Dealing With Unexpected Challenges at Work

A workshop that teaches practical and holistic skills to dealing with common challenges in the workplace such as managing change, dealing with feeling burnt out, dealing with difficult clients or coworkers, and how to communicate effectively.

How to Get Away with Procrastination

This workshop helps participants learn how to balance their lives and manage their time through uncovering the reasons and patterns behind their procrastination. Participants will also learn how to apply the 4-wins rule to setting goals and in return use their time more efficiently. Finally, they will go back to basics by learning analog journaling techniques to support their time management.