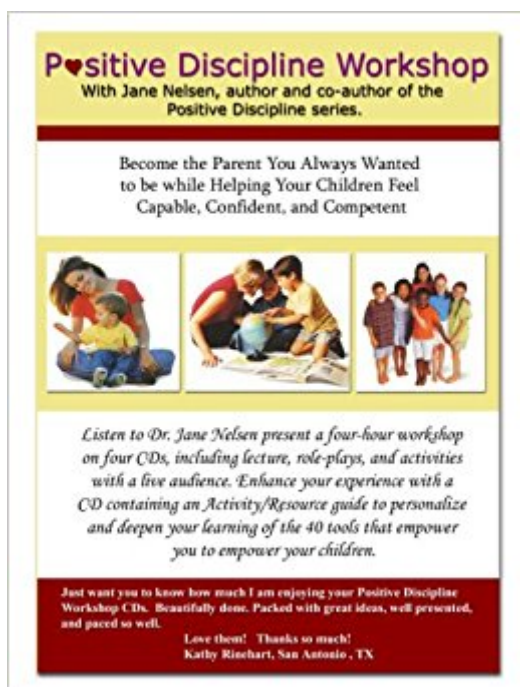


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# Positive Discipline Workshop 5 CD Set: An Audio Workshop With Jane Nelsen



## Synopsis

Listen to Dr. Jane Nelsen present a four-hour workshop on four Audio CDs, including lecture, role-plays, and activities with a live audience. Enhance your experience with a CD containing an Activity/Resource guide to personalize and deepen your learning of the 40 tools that empower you to empower your children. 40 Tools that meet the Five Criteria for Effective and Encouraging Discipline: 1. Children feel a sense of connection. (Belonging and Significance) 2. Children feel respected and encouraged. (Kind and firm at the same time) 3. Methods are effective long-term. (Punishment works short term, but has negative long-term results.) 4. Children learn valuable social and life skills for good character. (Respect, concern for others, problem-solving, cooperation) 5. Children discover how capable they are. (Encourages the constructive use of personal power and autonomy)

## Book Information

Audio CD

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## Customer Reviews

For years I have wanted to attend a workshop with Jane Nelsen, but couldn't find one in my area. The CDs were almost as good as being there. I used the workbook to follow along with the activities and learned more than if I had just listened. I appreciated having all the podcasts and the Family Meeting Album ebook that is included on the 5th CD. My family is loving my new skills. I recommend this workshop to everyone. --Jane Holt

Dr. Jane Nelsen is a licensed Marriage, Family and Child Counselor in South Jordan, UT and San Clemente, CA. She is the author and/or coauthor of the Positive Discipline Series. Jane's doctorate degree in Educational Psychology from the University of San Francisco in 1979 is secondary to the

education and experience she achieved from her successes and failures as a mother of seven children. She now shares this wealth of knowledge and experience as a popular keynote speaker and workshop leader throughout the country. Jane is very well received by school district, teacher organizations, conferences, and parent education networks throughout the world. Letters come in daily from parents and teachers worldwide who have had much success with the principles outlined in her books, workshops, and lectures. She has appeared on Oprah, Sally Jessy Raphael, and Twin Cities Live, and was the featured parent expert on the National Parent Quiz with Ben Vereen. Learn proven, effective Positive Discipline strategies -- even if you're on the go!

I had already read several of the Positive Discipline books before I listened to the workshop, so some of the material wasn't new to me. However, I still enjoyed hearing Dr. Nelson explain in her own words several lessons I had read in the books, and it really reinforced those lessons for me. There were also many useful lessons in the workshop that I hadn't read before and I really enjoyed hearing those segments as well. Listening to Dr. Nelson interact with the participants really gave me the feeling that I was there with them and the set included .pdf files of the materials that were used at the workshop. The workshop included some challenging questions from the audience that I would have asked myself, like "your daughter said her friends would be disappointed in her if she drank, but what if she had said her friends would like it?" I felt Dr. Nelson answered this and every other question honestly and I was very impressed that she stayed true to the Positive Discipline principles. The only complaints I have are that some of the first few questions were hard to hear on the audiobook, but the sound was adjusted eventually and I didn't feel like I had missed anything. Also, Dr. Nelson doesn't have the best speaking voice, but by the second CD I had gotten used to it. I definitely recommend this audiobook for anyone, even (or maybe, especially) if you haven't already read some of her books.

Great price for the audio CDs; we found this workshop very helpful for disciplining our toddler in a positive manner.

I really enjoyed it. Couldn't stop listening. Jane is really good, the whole thing is built really well, flows. I really like the role modeling exercise, parents in the workshop got to experience the world from a child's place. My husband is listening to it now (I hope) and I plan on listening to it again and will recommend it. It's a really good program. It doesn't cover ALL the Positive Discipline tools but gives the general attitude. For the full tool kit you need to read the book, which is also excellent.

After months of work editing a full day workshop down to the best 4 hours I can say this is the best and most complete Positive Discipline Audio product available. Disk 5 contains a PDF workbook for each disk so you can participate in the activities just like you were attending the workshop. Also on disk 5 contains many mp3 audio podcasts, questions and answers with Dr. Nelsen, and coaching sessions. As a special bonus disk 5 also has several pdf e-books for your reference. This has to be the best value of all the Positive Discipline products. I hope you enjoy it. If it is out of stock you can also get them from the publisher, Stone Vista Media.

Many OTHER positive parenting guidelines depend on bribes, intricate plans/contracts (if you do - then I do) and sometimes inappropriate power to the child (i.e. "if your child does not want to talk about it - come back later"). This CD is really refreshing! Only one CD of 4 was "weak". Even my husband is inspired to try the suggestions and perspective given here. Just a few take aways: 1) kids need self esteem and get it when you take a little more time (when things are going well) to empower them. 2) Rather than "no" model appropriate options and help them come to these conclusions (let them talk!) - so they buy in (rather than suffer your lecture). 3) Treat siblings equally and talk less about conflict. YES, we already know this stuff - but this CD helps you refocus your good intentions. I really recommend it and I am very sceptical of this line of parenting style (I don't want spoiled children).

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