



RAISING GIRLS: HARNESSING THE POWER OF WORDS

Words are particularly important to girls. Talking is the main way they express themselves in order to engage and build connection with others, rather than with action. Talking is also how girls (and women!) process their feelings, and also release pent-up emotions.

Words are very powerful – they can create and heal relationships, but they can also hurt.

Girls are particularly vulnerable to the words that parents use, and parents need to become skilled at deciphering the true messages behind their daughter's words.

This workshop covers the following topics:



UNDERSTANDING HOW GIRLS COMMUNICATE

We reveal how girls try to communicate with words, and constructive ways to respond to avoid verbal shut-downs and conversational dead ends. We share how parents can hear the real messages behind their daughter's words, and interpret the codes so they can understand what their daughters are longing for their parents to know.



INTERPRETING NON-VERBAL COMMUNICATION

We discuss the messages girls send (and receive!) with body language and tone of voice. We look at how parents can identify the 'meta' messages behind their daughter's words, and how they can re-frame meanings attached to words in order to keep connection.



IDENTIFYING WORDS THAT HEAL AND WORDS THAT HURT

We highlight specific words that parents can use to strengthen the relationship and build self-esteem, and specific words to avoid using with their daughters. We examine typical situations to understand what words will work most effectively and how parents can respond with compassion and support, even when their daughter is upset and overwhelmed.