

Cheryl Málek

Counselling Psychologist

A variety of **talks** &
workshops
designed to inform
teachers & **parents**
of evidence-based
practices to
raising healthy,
happy children.



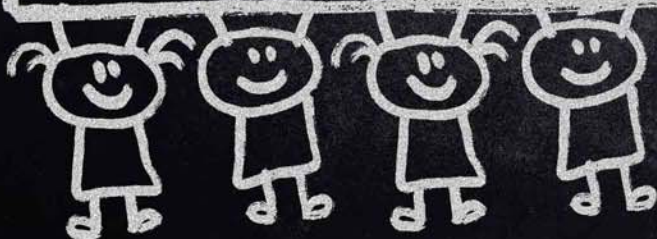
About the **presenter:**



Cheryl is a registered counselling psychologist. She completed her BA in Child and Family Psychology, Honours in Psychology and Masters in Counselling Psychology. She is currently a lecturer at CTI Education Group. Prior to studying psychology Cheryl worked as a teacher. She has a variety of experience working with children, parents and teachers at various levels.

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Mealtimes are the ideal opportunity for the family to share time together. Learn methods to deal with the child who is a fussy eater & ways to make mealtimes positive times.

Quality time with our families is precious & limited. All too often this time is spent in arguments. Learn how to maintain a smooth routine, reduce arguments & make the most of your time together.

Emotionally intelligent children are able set & achieve goals & manage their own behaviour. Learn the important components emotion coaching, raising emotionally intelligent children.

Discipline, clear & consistent boundaries are important no matter what age your children are, actually doing this is no easy task. This talk will help you understand the principles behind managing your child's behaviour, & teaching them to manage themselves.

Self esteem is an important predictor of success. Learn how to facilitate the development of self esteem as well as other methods to help your child grow into their full potential.

School readiness. In the first years of school many basic skills are acquired that are the foundation for your child's academic career. Learn what to look for, what to look out for, who to speak to & how to support your child.

Dealing with disclosure. Teachers form a close bond with the children & often the families of those they teach. Occasionally abuse is disclosed to the teacher. This talk will help the teacher prepare for that disclosure, what are your legal & ethical obligations as well as how to meet the psychological needs of that child.