

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:

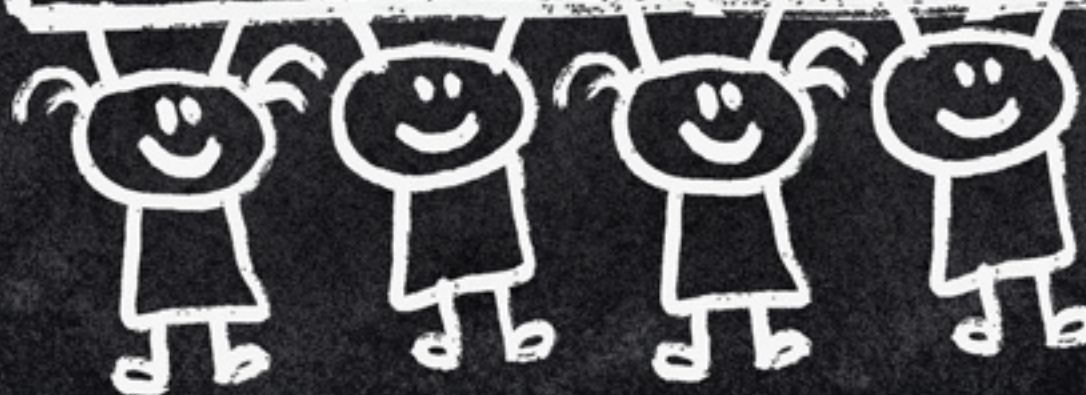


Cheryl is a registered counseling psychologist. She completed her BA in Child and Family Psychology, Honours in Psychology and Masters in Counselling Psychology. She is currently a lecturer at CTI Education Group. Prior to studying psychology Cheryl worked as a teacher. She has a variety of experience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

Talks for

Parents:

Talks cover a variety of topics relevant to parents and are hosted by the school. These talks are between 1-1½ hours. The talks cost R40 for one parent and R60 for a couple. The school may then charge a fee of their choice and use the talk as a fundraising opportunity.

- ☒ Mealtimes
- ☒ Quality time
- ☒ Emotional intelligence
- ☒ Discipline
- ☒ Self-esteem
- ☒ School readiness

Each school environment is unique, for this reason Cheryl has a variety of options you are able to choose that will benefit your school, staff and parents.

Please read through the options and if you have any queries you are welcome to contact Cheryl

Each of the talks are also available as workshops. The prices for each workshop are available on request. They are hosted over a morning or afternoon session and offer an in-depth interaction with the topic. Teachers are able to refine their skills, interact with other professionals and explore new methods and techniques to use in the classroom.

Talks for

Teachers:

These are short talks offered free of charge and provided onsite to schools. There are a variety of topics that may be relevant to your school. These talks range between 40mins and 1 hour. They are introductions to relevant topics with bites of information that should prove valuable to any teacher.

- ☒ Dealing with disclosure
- ☒ Emotional intelligence
- ☒ Discipline
- ☒ Self-esteem
- ☒ School readiness