



FAMILY MATTERS:

Learning Self-Regulation and Self-Control as a Family

Date: Wednesday, 13th November

Time: 11am - 12pm (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

Self-regulation skills are crucial for success in every aspect of a person's life.

Whether it's academic or workplace success, stress management or anger management, emotional intelligence or resiliency - all have been linked to a person's ability to self-regulate. Self-regulation is the ability to understand and manage your behavior and your reactions to feelings and things happening around you. It includes being able to regulate reactions to strong emotions like frustration, excitement, anger and embarrassment, and the ability to focus on a task, control impulses and behave in ways that help you get along with other people.

ATTENDEES WILL WALK AWAY WITH:

- Understanding what influences self-regulation skills in a child, the important self-regulating skills that are needed for school age children and teens,
- Helpful ways that a parent can regulate their own emotions and help cultivate self-regulating skills in their children.

FACILITATED BY:



Dr. Saliha Afridi, PsyD (US)
CLINICAL PSYCHOLOGIST
Founder & Chairwoman

REGISTER: lighthousearabia.com/events

Instructions for how to join this webinar will be shared separately in advance.

