



**Report on a Parenting Workshop held on March 4<sup>th</sup> 2014 in The Church of Ireland Parish Centre, Lucan, Co. Dublin entitled “Enjoying your 10-15 year olds: Exploring Communication & Conflict”.**

About 35 parents came from various parts of the Diocese. Julianne White and Caroline Whitley were the two Facilitators for the evening which started with an ice breaker led by Caroline which was light-hearted. She then went on to deal with the topic of Conflict and in a practical way gave illustrations from her own personal experience together with information on handouts which everyone was able to take home.

Julianne’s opener got everyone on their feet for an exercise demonstrating the different ways communication works. This provoked lots of chat as everyone tried to have a conversation back to back. She used a powerpoint presentation to talk about Communication. At the end she gave out a sheet which provided an opportunity for the participants to consolidate some of the suggestions made and to make one small change in relation to what they had heard. She then led a few minutes of Relaxation which gave a calming time for everyone.

At the end of each section there were a number of questions from the floor which were responded to by the facilitators.

Afterwards a number of people expressed an interest in the possibility of a Parenting Course over a number of sessions which would allow participants more time to look at a number of issues in more depth. These queries will be followed up so watch this space for further information.

Thanks were given to the Mothers’ Union members from Leixlip and Lucan who provided supper and to Olive and Jean Good who brought along the Enterprise Stall. I am grateful to our Diocesan President Joy Gordon who came along to support the event and to other Trustees who came or who helped in the preparations for the evening.

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