

Keynotes, Workshops & Teleclasses with Auntie Artichoke—the Storytelling Trainer


These inter-active and fun filled sessions are led by popular Family Educator and Coach: Judy H. Wright aka Auntie Artichoke, because of her warm and encouraging way. Sharing time with her is like visiting with your favorite aunt over a cup of tea. Her approachable and fun-filled manner guarantee that the participants will come away educated, entertained, inspired and motivated. Call **406-549-9813** today to schedule a keynote address or training workshop. *Webinar or distance learning also available.*




Check out the website www.ArtichokePress.com for FREE articles and newsletter. You will also find a full listing of workshops, books, tele-class training, e-books, clients, and testimonials on the website. Do you have questions or comments? Write Judy@ArtichokePress.com. Visit our interactive blog at www.AskAuntieArtichoke.com

Workshops Available (All are custom designed 1 -6 hours to fit your organization. **Free workshop with each keynote.**)

Staff Development

 **Too Tired to Teach--Stress Management for Teachers and Administrators** - This workshop is being requested by exhausted staff members who want time and energy to do what they do best-affect the lives of students. Simple techniques, exercises and organizational skills that will enhance both your professional and personal life. *Stop stress before it stops you!* A companion to the *Mad that You Feel* workshop listed below to help students handle anger issues. Booklet.


• **Who Nurtures the Nurturer?** - You can't give drinks from an empty well! Caregivers, whether that position is paid, volunteer, or drafted, frequently neglect to recharge their own batteries. By practicing the strategies taught in this workshop, participants can learn to ration energy and forestall burnout. Compliments the workshop *What to do with the Mad That You Feel* Workbook included.

 **Emotionally Healthy Workplace** - The devastating diseases of the body are no more deadly than those of the spirit. Cancer has been called "The Big C" and no one likes to talk about it. This workshop discusses how the *little c's* of competition; comparison, complaining, and criticizing, can destroy emotional health as well as relationships in the workplace. Learn how to assume personal responsibility and be a problem solver. Lots of storytelling included to teach character development. Book available.

• **The Healing Power of Stories** - The ultimate illness faced by humanity is loneliness. We need to know that we matter to the world and that our lives and experiences have had value. This workshop is packed with scientific evidence of the healing power of stories. Learn to tell, share and listen to stories. Book available.

Communication and Interpersonal Skills

▪ **What Do You Do With the Mad That You Feel? Anger Management** - This workshop helps the participants know that controlling angry feelings is a skill children learn from the people who care for them. We will find helpful ways to intervene when children or adults are overwhelmed with frustration and rage. Learn to set boundaries with angry students and parents. Assist them in conflict resolution and help them find alternatives to violence. Booklet.

 **Caution Without Fear-Safeguard Children from Sex Abuse and Find Help if it has Occurred.** (Adult parent and care-givers) This is Judy's latest book and very powerful information. Caution without fear is the goal of all caretakers when talking to young children about scary situations. We want to be able to teach children the danger of sexual exploitation just as calmly and rationally as we teach them the dangers of running in the street or out of the house in case of a fire. **Great information for mandatory reporters.**

▪ **Building Self-Confidence with Encouraging Words** - Words, thoughts, and non-verbal expressions can send conflicting messages to the listener. Give the gift of courage to yourself and others. Learn how to increase self confidence, praise the attempts, celebrate the process and focus on success. Book available.



Learning Styles...Huh? Generation...What? Birth Order...Why? We all process information and communicate differently. If you try to teach a visual learner with auditory tools, the lesson may never sink in. How do you learn? What communication method works best with a group? Does age, experience and family dynamics really matter? Lively interactive workshop. Booklet.



Ball-ance in Life - How to be a Bounce Back Person Sometimes we are balancing so many plates and balls, that one or two are bound to fall. Hopefully, they won't break, but will be resilient or flexible. The ability to bounce back from disappointment or failure requires life skills that can be taught. Resilience helps people deal with disappointments, setbacks, stress, and even trauma. Resilient people see an obstacle as a learning experience; have a Plan B and Plan C if necessary, and possess the confidence to keep going. Book available.

Cooperation and Responsibility

- **Kids, Chores & More** - (Ages 2 -18) This is Judy's most popular class which gives parents, teachers and caregivers solid suggestions for achieving more cooperation from kids. Help teach children in your care about solid life skills. You will learn about family councils, techniques for encouragement and mutual respect. Book and CD available.
- **Who Owns the Problem? Teaching Responsibility, Respect and Resiliency** - Helping our children (and employees) to be inner directed as opposed to always waiting for someone to tell them what to do is a hard task. Sometimes, just the way a request is worded can make the difference between the person assuming "ownership" or just slopping through the job. Learn to bounce back and ask for help. Book available.

Ages and Stages—What are Realistic Expectations - What are appropriate actions along the way? How do you provide the proper atmosphere for learning at the next level? Is there a difference between pushy parents and encouragement? Is this a growing stage or personality quirk? How do you know what is “normal?” Booklet available.

Relationships and Addressing Diversity

- **The Left Out Child and The Importance of Friendship** - New research shows that all likeable children behave in certain ways. These skills are not in-born but can be taught like any other skill. Children who feel like they have the ability to make friends tend to stay in school longer, make wiser decisions, and are generally all around happier individuals. Booklet *and CD available*.



- **Absent Parents and Left-Behind Children** - One out of every four American children lives in a single-parent home. While most single-parent homes are the result of divorce, many parents and grandparents are raising children alone for other reasons as well. Some may be alone due to the death of a spouse, military assignments, single parent adoption, incarceration, drug or alcohol abuse and a myriad of other reasons for a parent to be absent in the life of a child. Handouts and resource list available.

- **Aggressive, Passive and Assertive Behavior** - What are the best ways to handle each behavior? How do you encourage children to stand up for themselves and still remain respectful? Learn the importance of setting boundaries.
- **It's Not My Fault--He Made Me Mad!** - This class is designed to give you information that will help your children to be non-blamers and to tell the truth (most of the time). You will learn great tips and techniques for discouraging excuses and blaming in children. Learn the difference between tattling and telling. Book Available.

Call Parent Educator Judy H. Wright today at **406-549-9813** or contact her at JudyWright@ArtichokePress.com to get on the calendar for training in these and other programs.

Sign up for ezine (newsletter) *The Artichoke-finding the heart in the journey of life*
www.AskAuntieArtichoke.com

Free eBook on verbal and nonverbal communication at www.UseEncouragingWords.com