



Sproutable Parent Ed Speaker Topics

Sproutable offers multimedia lectures and keynote speeches for conference audiences. We will design the training based on your audience needs.

Casey O’Roarty, M.Ed

Casey is an exceptional storyteller and speaker for both large and small crowds. She receives regular feedback about how relatable and approachable she is. Casey is a Positive Discipline Lead Trainer with her Masters Degree in Education from the University of Washington and thinks of herself as a facilitator of personal growth and development. For the last 15 years, her work has encouraged parents to discover the purpose of their journey, and provided them with tools and a shift of mindset that has allowed them to deepen their relationship with themselves and their families. Casey pivoted her work towards families of adolescents as she herself began to face challenges and behaviors that caught her off guard with her own kids. She offers a weekly podcast spotlighting the experience of parenting teens, puts on live and online class and works one on one with parents. Her book, *Joyful Courage: Calming the Drama and Taking Control of YOUR Parenting Journey* was published May 20th, 2019. Casey lives in the Pacific Northwest of the United States with her husband, and two teenagers.

Julietta Skoog, Ed.S, MA

Julietta is a Certified Positive Discipline Trainer. She has an Ed.S Degree in School Psychology and a Masters Degree in School Counseling from Seattle University. She is

also the co-founder and early learning expert at [Sproutable](#). As a school psychologist and counselor with Seattle Public Schools, she has expertise in assessing children with developmental delays, autism, learning disabilities, anxiety, and behavior disorders. Mindfulness is a key foundation in all of her work. She draws from her real life practical experience working with these thousands of students with a variety of needs and her own three children, bringing a unique ability to translate research, child development and Positive Discipline principles into everyday parenting and teaching solutions.

Examples of Topic Areas

Wiring the brain for capability and cooperation

Learn all about your child's brain development, mirror neurons and why it matters to offer opportunities to strengthen those neural connections. Learn how to teach emotional regulations skills when big emotions and tantrums erupt. Strategies for strengthening executive functioning, focus, memory, impulse control and empathy for all ages will be included. Take home tools you can use today to effectively deal with challenging behaviors.

Siblings & peer conflict

What skills do our children need to handle sibling and peer conflict? Parents will learn how to embrace child conflict using specific techniques that teach long-term social emotional skills and solve problems in the moment. Regardless of their age, children have the opportunity to learn tools that decrease conflict and increase confidence and assertiveness. These skills support peer interactions and social skills outside the home.

Positive Discipline

[Dr. Jane Nelsen's Positive Discipline](#) parent education is based on the theories of psychologists Alfred Adler and Rudolf Dreikurs. Positive Discipline helps children feel a sense of significance and belonging through learning important life skills of empowerment, self-reliance and cooperation. Learn how to discipline with firmness and kindness, have fun as a parent, and set the foundation for important social and life skills.

Encouragement vs. praise

What motivates young children? We cover Deci and Ryan's self-determination theory, Carol Dweck's growth mindset, and Daniel Pink's research on motivation through activities that explore the ways of facilitating persistence and intrinsic motivation in children. Shift away from making your children do well, toward helping your children want to do their best. Understand key drivers of intrinsic motivation and how to foster them.

Contributions and family meetings

Learn strategies for involving your children in everyday contributions around the house. Learn what kind of contributions are developmentally appropriate for all ages (even as young as 1!), and why they are important in building a sense of significance and belonging in the family. Learn how to launch weekly family meetings that mirror your child's classroom meeting, and invite more cooperation and connection.

Empowering vs. enabling

How do we empower our children to be capable, confident, and solve their own (small) problems? Empowering means turning over control to children as soon as possible so they have power over their own lives as well as having faith in them to learn and recover from their mistakes. This can be hard to do with little ones! Through experiential activities, parents will learn Positive Discipline tools and responses that invite cooperation and teach responsibility, problem-solving and independence, even in the midst of big emotions and power struggles.

Solutions vs. consequences

Instead of focusing on consequences, parents can offer solutions to teach missing skills and avoid the punishment trap. Solutions are related, respectful, reasonable and helpful. Learn how to teach children HOW to take responsibility, make a repair, and learn from mistakes.

Mindfulness & self care

Mindfulness strategies can enhance your ability to implement Positive Discipline tools, connect with your children, and decrease anxiety. Learn how to prevent parenting burn out and find small ways throughout the day to increase presence and patience with your children.

Power struggles and transitions

Power struggles can be frustrating as a parent. Learn tools to decrease and even avoid daily power struggles through transitions with children by inviting cooperation and creating routines together. Learn how to follow through once routines, limits and agreements have been made through mutually respectful responses.

Anxiety

Does your child struggle with: work avoidance, big emotions, social anxiety, screen addiction withdrawal, specific phobias, perfectionism, falling asleep, independence or COVID related anxiety? Learn signs, myths, and helpful strategies for overcoming anxiety in home and at school.

Celebrating Neurodiversity

The benefits of a diverse classroom are endless learning opportunities for young children! Julietta draws from 20 years of trauma-informed experience working directly with families, schools, and children with special needs as a former school psychologist with Seattle Public Schools for this educational event about child development, neurodiversity, and social emotional learning through the lens of Positive Discipline.

Teen Brain Development and Why it Matters

Gain a deeper understanding of what is happening to the brain during adolescence and use that understanding to pivot the way you may be currently responding to the behavior that is showing up in your home. The teen years are a special time in

development and we often misunderstand our teens, mistakenly rupturing the relationship we have with them. Learn tools for staying connected and keeping your teens' development moving in a positive direction.

Positive Discipline for Parents of Teens

[Dr. Jane Nelsen's Positive Discipline](#) parent education is based on the theories of psychologists Alfred Adler and Rudolf Dreikurs. Positive Discipline helps children feel a sense of significance and belonging through learning important life skills of empowerment, self-reliance and cooperation. Learn how to discipline with firmness and kindness, have fun as a parent, and set the foundation for important social and life skills.

Setting Boundaries

Learn the difference between punishment, consequences and solutions in this highly interactive workshop for parents of teens. We will take a look at our own experiences of punishment, what it actually invites from our teens, and alternatives we can lean into that are helpful in supporting our teens with learning life skills.

Risky Behavior and Teens

Learn how to be with the risk taking that shows up during the teen years. During adolescence, the brain is wired for novelty seeking, which can result in them making some scary choices. This workshop is designed to support parents of teens in building their confidence to be the leader that their kids need them to be, as well as nurturing a relationship that serves as a soft landing for their kids.

Contact us for more information:

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Testimonials

"I really appreciate the course that you put on. You fit lots of great information into a short time, were dynamic, sincere, and did an amazing job of keeping the course focused."

"Thanks again for your presentation last night. I have had so many people come up to me today saying how much they got out of attending."

"I really enjoyed your presentation. Even with the limited time it was full of information because you had a powerful and wonderful style of presenting. I was really impressed with your realistic and relatable way of sharing as well."

"Thanks for doing this super event. You are such an amazing, authentic, engaging, warm, and inspiring presenter."

"Super insightful. I'm excited to continue on this journey and learn more."

"I wanted to drop a quick note of thanks for hosting the workshop on Saturday. I found the material and the way you presented it to be very helpful. We have got a great kid and a lot of the structures in place but your ideas and presentation have provided the missing link to get us over the hump."

"I thought it was amazing. Julietta put things into perspective in a way we hadn't even considered in the past, gave useful tools, made everyone feel safe about sharing their stories, and more. Well worth it."