

Synopsis for "MovieMind Parent Child Communication – PINACLE"
(ECSS-P2-2016S)

This session offers parents a unique perspective of how quickly our mental scripts makes decisions and how our cognitive bias impact the way we frame the world and the way we communicate with our children. Parents will be introduced to the PINACLE Mind-stack™ to analyse mental movies, find the frame of reference and perspective, learn how mindsets are formed and how to change from a fixed mindset to a growth mindset. The importance of non-verbal communication as well as more empowering beliefs for better communication.