



SimplySocialKids®

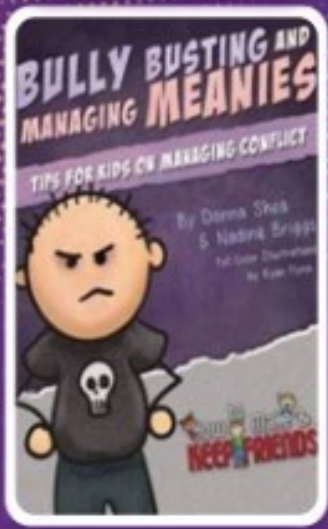
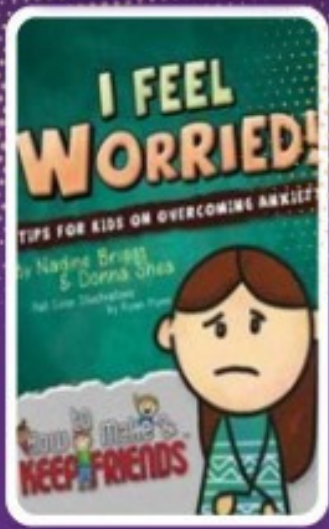
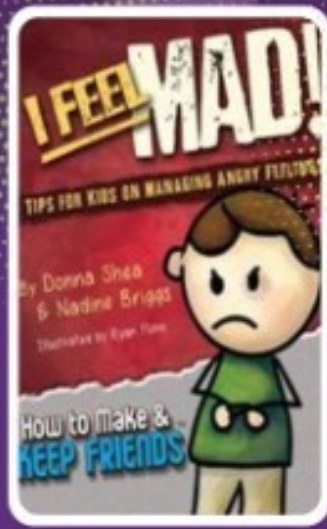
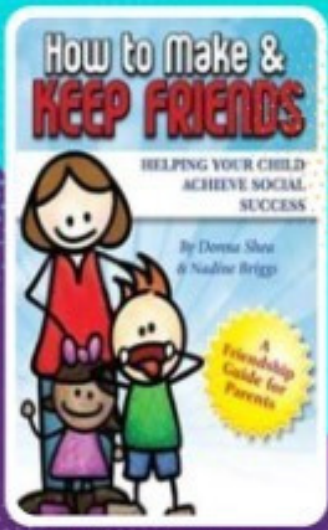
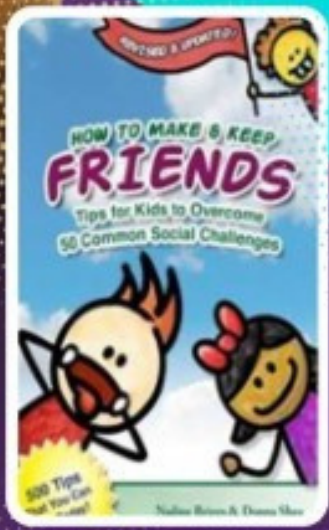
www.simplysocialkids.com

**Parent Group &
Professional
Development
Seminars
2021 - 2022**

In Person and Online Options Available



Simply Social Kids is owned and operated by Nadine Briggs, co-author of the best-selling **How to Make and Keep Friends** book series.



AVAILABLE ON
**AMAZON AND
BARNES & NOBLE**



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Nadine Briggs, CEO

CEO of Simply Social Kids and managing partner of Social Success Central is a best-selling author and an accomplished social educator.

Experience, training and certifications include:

Graduate Certifications in Coaching Children & Teens and

Coaching Children & Teens with ADHD

Bullying and Cyberbullying Prevention

Foundations of Positive Psychology

Sibshops

Collaborative Problem Solving

Child Anxiety

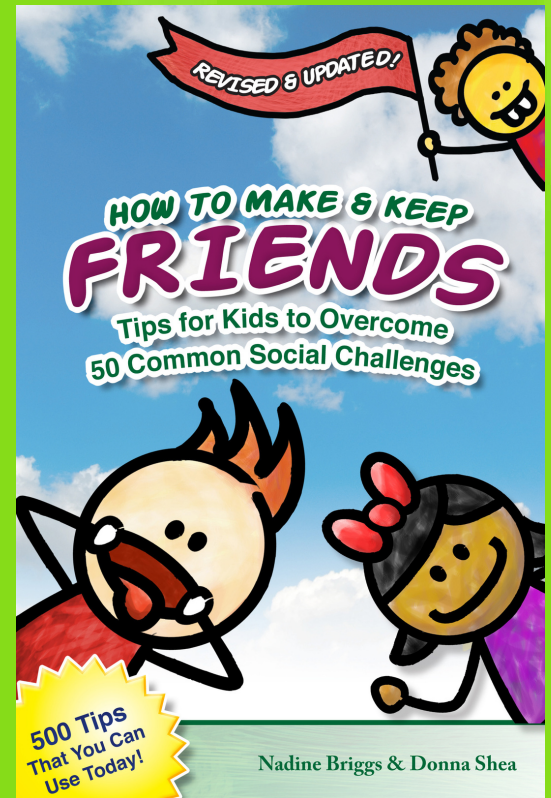
Girl Meets World

Creator Social Success in School program

Cognitive Behavioral Therapy certification

Friendship & Social Coaching: Helping Kids Make & Keep Friends

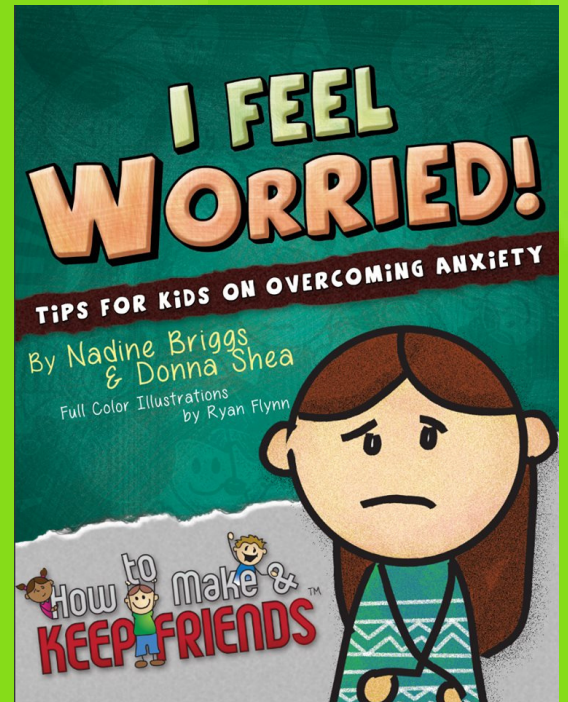
Approx 1.5 - 2 hours



This workshop is based on the bestselling book co-authored by Nadine Briggs, *How to Make and Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges*. Parents will be able to identify the barriers that may be preventing their child from having positive peer relationships. We provide strategies for how to overcome these barriers. Parents will learn how to social coach for their children and teach them social independence.

I Feel Worried: Helping Your Child Manage Anxiety

Approx 1.5 - 2 hours



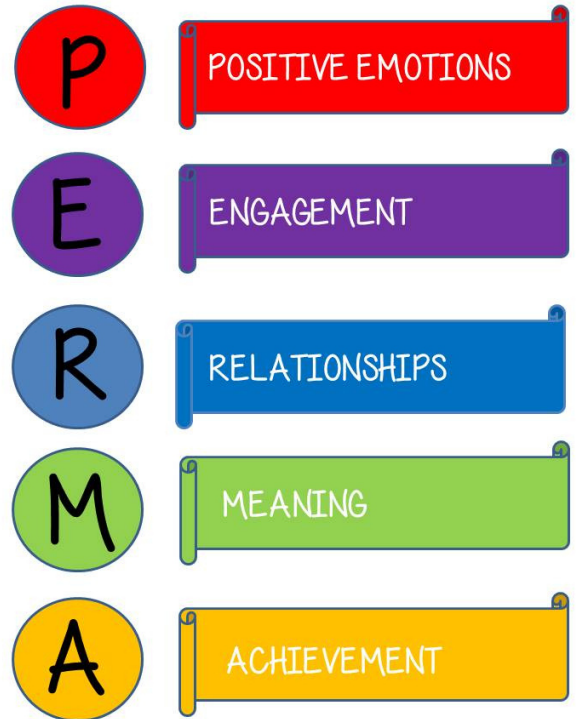
Based on the book co-authored by Nadine Briggs, *I Feel Worried! Tips for Kids on Overcoming Anxiety*. Attendees will gain an understanding on what happens in the brain when anxiety takes over, how to read the early signs when anxiety is building and several strategies for how to manage it. Parents will learn the unexpected ways that anxiety can present itself in children and teens, providing an overall greater understanding.



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5 Simple Steps to Improve Resiliency for You and Your Child

Approx 1.5 - 2 hours



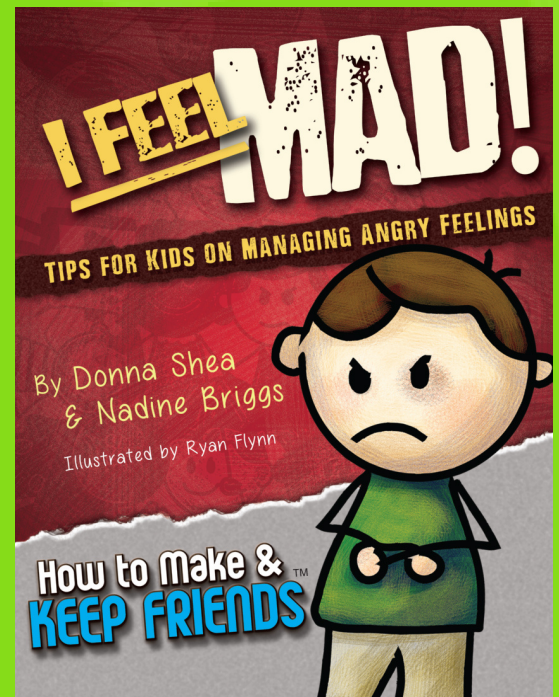
Teaching kids how to be resilient has always been a cornerstone of the Simply Social Kids program but never has it been more important than since the onset of the pandemic. This seminar will provide easy exercises that are scientifically proven to increase resiliency and optimism. I will share tools used to identify core strengths and explain how to improve overall well-being for the whole family.



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I Feel Mad! Tips for Kids on Managing Angry Feelings

Approx 1.5 - 2 hours



Kids who struggle with angry feelings often have the hardest time forming friendships. This seminar will explain the core sources of anger and how to learn to manage angry feelings. Parents will gain an understanding of how changes in parenting style can help kids learn to problem-solve, which can increase self-esteem and reduce anger.



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I Need to Win! Tips for Kids on Good Sportsmanship

Approx 1.5 - 2 hours



Being competitive can drive kids to do their best but when they show poor sportsmanship, it can result in lost friendships. Parents will learn how to help their kids understand levels of competitiveness, how to prepare kids for competitive situations, and help them to understand how to be a good sport.



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Understanding and Supporting the Social Lives of Teens

Approx 1.5 - 2 hours

Tips for Teens on Life and Social Success

By Donna Shea and Nadine Briggs



How to Make & **KEEP FRIENDS**

500 Tips
For Middle School,
High School,
and Beyond!

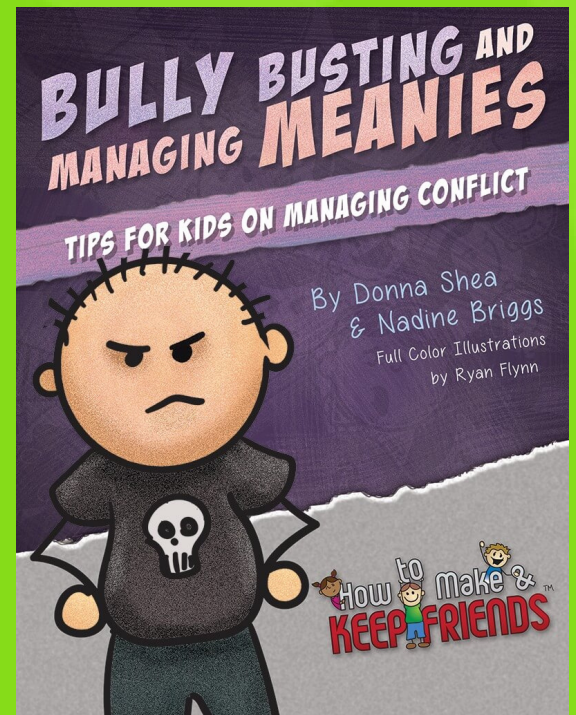
Simply Social Kids works with a large teen population. We will share our understanding of their social lives and how to support them through these challenging years. Tips will be shared on how to encourage teens to talk to parents, and maintain a healthy relationship with their teen, while still setting limits.



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Bully Busting and Managing Meanies

Approx 1.5 - 2 hours



Bullying is ongoing problem for all ages and might even be on the rise since the pandemic. This seminar will discuss how to identify bullying with suggestions for how to handle it in the moment, and how to tell adults without making it worse. We will also address mean moments and how kids can handle themselves to reduce the chance of future incidents.



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**Now available on
Wednesday &
Thursday
Evenings**

**Contact us to schedule an
in person or online seminar:**

**nbriggs@simplysocialkids.com
978-764-2758**



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