



SimplySocialKids®

www.simplysocialkids.com

Parent Group & Professional Development Seminars

In Person and Online Options Available



SimplySocialKids®

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Empower parents and educators to help children and teens build real-world confidence, resilience, and friendships.

Simply Social Kids is a specialized social education program serving children, teens, and young adults with mild to moderate social challenges. Our evidence-based, activity-driven approach helps students develop essential social skills while supporting the educators who work with them daily.





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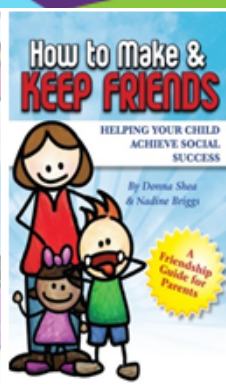
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Nadine Briggs

Nadine Briggs is the CEO of Simply Social Skills, LLC, home to Simply Social Kids and Building Adult Friendships. A bestselling author of seven books on friendship and social skills, she has nearly 20 years of experience helping children, teens, and adults strengthen their confidence, resilience, and connection skills.

Nadine blends positive psychology, cognitive-behavioral strategies, and in-the-moment coaching to teach practical tools that empower people of all ages to build meaningful relationships and thrive socially.



Why Kids Do What They Do (and how to help them thrive)

Approx 45 min - 1 hour



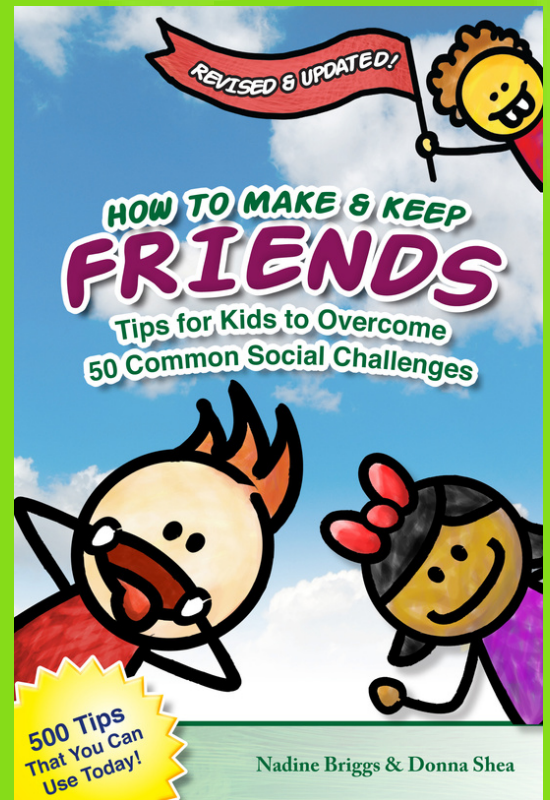
Discover five core behavioral challenges that impact learning and relationships, and learn research-based strategies to address them. This interactive seminar provides practical classroom management tools, engaging activities like Good Idea or Not So Much™, and impulse control games. Participants leave with hands-on strategies, real-world examples, a Q&A session, and five complimentary copies of Nadine's published social skills books.



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Friendship & Social Coaching: Helping Kids Make & Keep Friends

Approx 1.5 - 2 hours



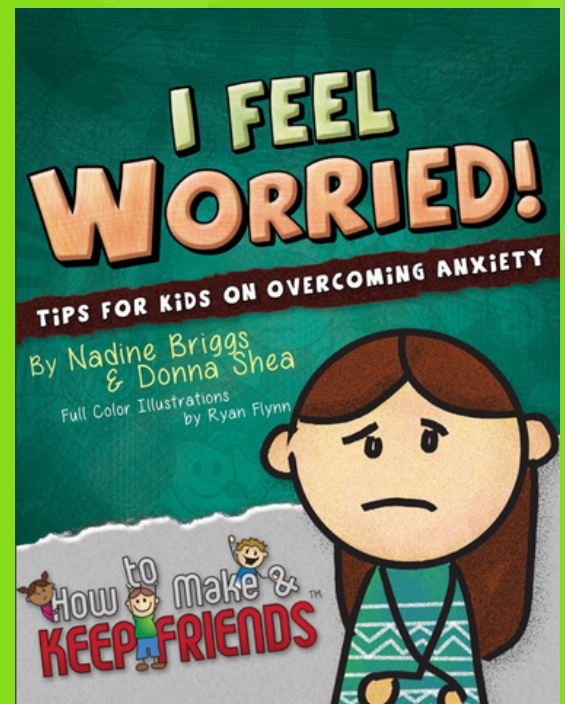
This workshop is based on the bestselling book *How to Make and Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges* by Nadine Briggs. Parents will gain insight into the barriers that may be preventing their child from forming positive peer relationships. The session provides clear strategies to help overcome these obstacles and teaches parents how to coach their children toward greater social confidence and independence.



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I Feel Worried: Helping Your Child Manage Anxiety

Approx 1.5 - 2 hours



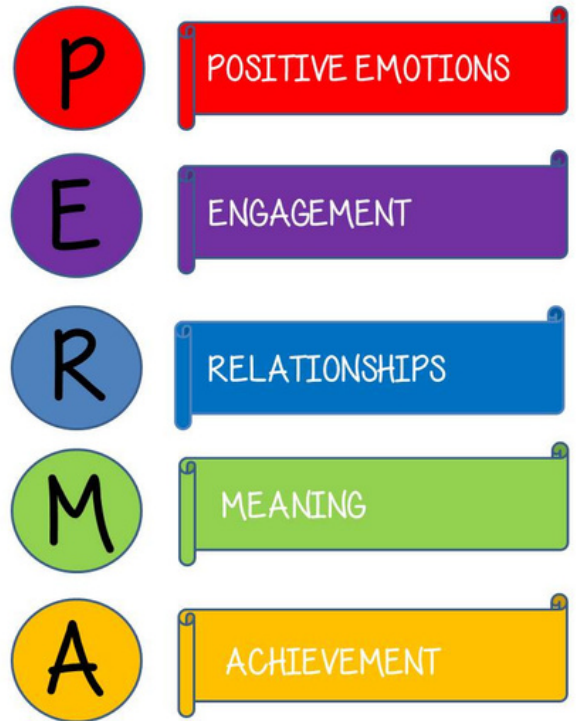
This workshop is based on the book *I Feel Worried! Tips for Kids on Overcoming Anxiety* by Nadine Briggs. Attendees will learn what happens in the brain when anxiety takes over, how to recognize early signs that anxiety is building, and effective strategies for managing it. Parents will also gain insight into the unexpected ways anxiety can show up in children and teens, leading to a deeper understanding and more effective support.



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5 Simple Steps to Improve Resiliency for You and Your Child

Approx 1.5 - 2 hours



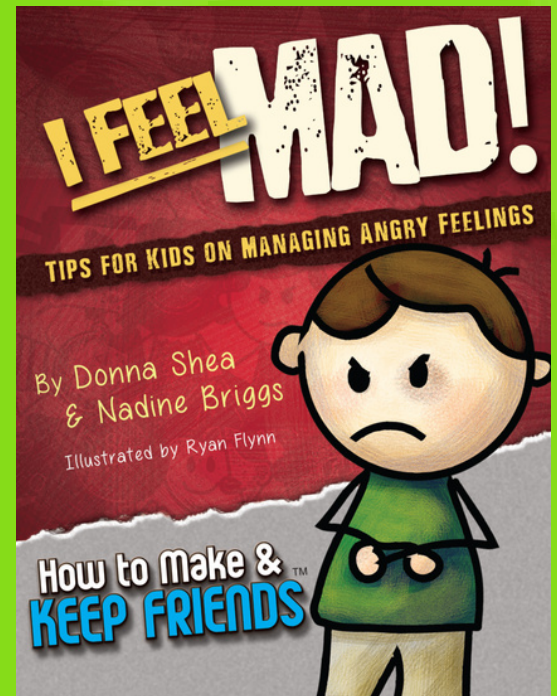
Resilience is one of the most important life skills children can learn. This seminar provides simple, research-based exercises proven to boost resilience and optimism. Attendees will learn tools to identify core strengths and practical ways to improve overall well-being for the entire family.



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I Feel Mad! Tips for Kids on Managing Angry Feelings

Approx 1.5 - 2 hours



Children who struggle with anger often have the most difficulty forming friendships. This seminar explores the root causes of anger and provides strategies to help kids recognize and manage their emotions in healthy ways. Parents will learn how thoughtful shifts in parenting approaches can teach problem-solving skills, boost self-esteem, and reduce anger over time.



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I Need to Win! Tips for Kids on Good Sportsmanship

Approx 1.5 - 2 hours



Being competitive can motivate kids to do their best, but poor sportsmanship can quickly damage friendships. This seminar helps parents guide their children toward healthy competition by teaching them how to recognize appropriate levels of competitiveness, prepare for competitive situations, and show respect and kindness whether they win or lose.



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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!

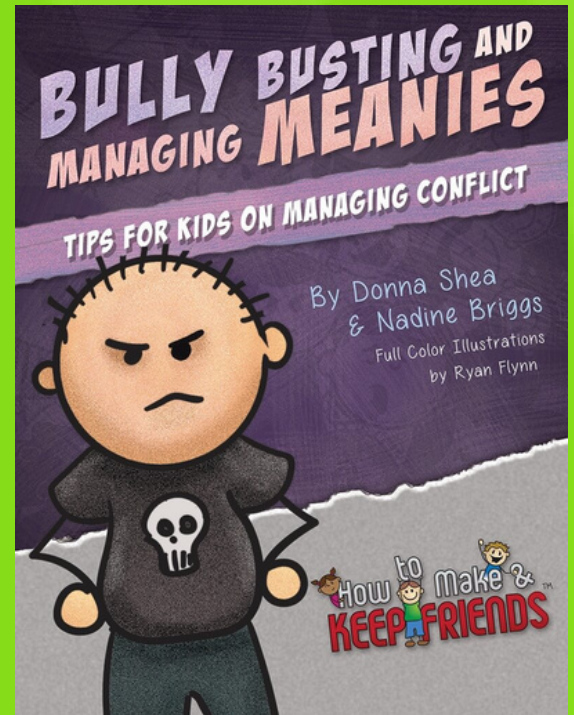
Simply Social Kids works extensively with teens and understands the unique social challenges they face. This seminar offers practical insights on how to support teens through these formative years. Parents will learn strategies to encourage open communication, maintain a strong and healthy relationship, and set limits in ways that build trust and respect.



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Bully Busting and Managing Meanies

Approx 1.5 - 2 hours



Bullying remains a serious concern for children and teens. This seminar helps parents recognize the signs of bullying and teaches strategies for how kids can respond in the moment and seek adult help without escalating the situation. The session also addresses how to handle mean moments and equips children with tools to reduce the likelihood of future incidents.



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**Let's discuss in class programs,
recess review, and customized
seminars to meet the needs of
your group.**





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