



## Family Matters @ Chung Cheng High School (Main)

### Parenting workshop “Topic: IQ+EQ+SQ=SUCCESS”



**Date:** Saturday, 17<sup>th</sup> September 2016

**Venue:** Chung Cheng High School (Main)

**Time:** 9.30 am – 12.30 pm

**Fees:** FOC (All costs fully borne by Family Matters @ School)

#### [IQ+EQ+SQ=SUCCESS \(CCT-P12-2016S\)](#)

IQ is not the only measure of success. There are other types of intelligence that may be more important to success in life and this has been publicized as EQ and SQ.

EQ helps us to manage our emotions and achieve our goals while SQ helps us to find meaning and happiness. Can your children be successful if they are not truly happy? Recent research and evidence are showing that a balance of IQ, EQ and SQ are necessary for a happy and successful life for our children.

The objectives of this workshop include

- 1) Helping parents develop a greater understanding of a need for holistic approach in helping their child succeed.
- 2) Equipping parents with basic skills in developing IQ, EQ & SQ in their child.

***This Program uses activities, movie clips and group discussions to reinforce learning.***

#### **Profile of speaker (Ms Bong Louis )**

Ms Bong Louis has many years of experience in conducting marriage, parenting and community programmes. She has been married for 24 years and has 2 daughters, age 23 & 21. She is a Family Life Education Resource Speaker and has many years of experience conducting workshops & talks in schools (both mainstream & also special needs schools), public and private institutions.

She last worked as a School Counsellor with MOE, during which she obtained a Diploma in School Counselling (NIE). Bong also holds a diploma in Learning Disorders Management & Child Psychology (CAE) as well as a graduate Certificate in Parent Education Leadership Training. In 2015 she obtained her accreditation as a Triple P parent trainer.

**To sign up for this parenting talk, please register via SMS and provide the names of parents and name/class of the child to our Family Matters @ School Coordinator, Mdm Eileen Tay. Her contact number is: 9862 2644**