

## Teaching Empathy & Gratitude in your Kids / Teens

– Dr. Karyn Gordon

Baden Public School, Monday, November 21, 2016 @ 7:00pm

Baden Public School Parent Council, in conjunction with the Parents Reaching Out Grant and dk Leadership's Fall Sponsored Speaking Tour, is pleased to present a keynote address by **Dr. Karyn Gordon** on **"Teaching Empathy and Gratitude To Your Kids/Teens."** This presentation will take place at Baden Public School on Monday, November 21 at 7:00 PM (Doors open at 6:40 PM. It is free to families in our local communities of Wilmot and K-W.



### About the Keynote – Teaching Empathy & Gratitude in Your Kids / Teens:

Most parents admit that one of their greatest desires is for their children to be more appreciative, thankful and kind to others. But when we live in a culture of immediate gratification that is 'all about me' – and with Generation Y being the richest in history, how can parents effectively teach an attitude of gratitude and empathy for others? Research tells us that empathy is a cornerstone of EQ (Emotional Intelligence), which is essential for a child's overall happiness as well as for future career opportunities. Thankfully, empathy and gratitude are virtues and skills which can be learned – and even young kids are capable of grasping these concepts. In this keynote, Dr. Karyn teaches 6 simple things parents can do starting today to develop empathy and gratitude in their children and teens!

In this playful, passionate, and pragmatic keynote, you will learn:

- The different types of empathy
- How the "attitude of entitlement" is related to an "attitude of gratitude"
- How a lack of gratitude is linked to depression and other problems
- What the research says on the benefits of empathy and gratitude
- 6 simple strategies parents can start doing today to build these traits in their kids / teens

### About Dr. Karyn Gordon:

Dr. Karyn is the CEO of dk Leadership: Teaching Success Principles For Full Engagement In Work / Life, and the Producer / Host for "Success Stories With Dr. Karyn". Dr. Karyn holds a doctorate in Marriage & Family and is one of North America's leading relationship / parenting experts for families & organizations. She is a regular contributor to Good Morning America (USA), Cityline (Canada), Breakfast Television, New York Parenting Magazine and Chatelaine. A best-selling author, corporate trainer and motivational speaker to more than ½ million people, her mission is to inspire people (from students to CEO's) to dream their best life, learn the tools and do it! She is passionate about teaching Success Principles (Emotional Intelligence / EQ Including: Motivation, Time Management, Organization, Confidence, Communication & Career Direction) to develop thriving relationships at home (With Ourselves; Parents & Kids/Teens; Husbands & Wives) and at work (Intergenerational: Gen Z, Gen Y, Gen X, Boomers, Traditionalists; Mentors & Mentees; Teachers & Students). <http://www.dkleadership.org/about-dr-karyn/about-dr-karyn>

This evening is brought to you by Baden Public School Parent Council in conjunction with the Parents Reaching Out grant, as well as sponsorship through dk Leadership's Fall Sponsored Speaking Tour. This event will be open to parents across our local communities, and aligns with the Waterloo Region District School Board's newly developed Mental Health Strategy (<http://www.wrdsb.ca/bipsa/mental-health-strategy-overview/>).