

## **BRIGHTON 2018 SMSS PROGRAMME**

### **SMSS FORMAT**

#### **DAY 1.**

8:00 am : TEA REGISTRATION WELCOME

8:15 am: Intro to Conscious parenting & reflective worksheets

9:00 am: Masculinity & a mum's guide to testosterone

Q & A

10:00 am: TEA & light snack & fruit

10:30am: Teen Emotional Development & a mother's role

12:30 - 1:30pm: LUNCH- healthy salad, soup cups, quiche, cheese and fruit.  
alcohol free.

1:30pm: Adolescent development- Neurology and teen tasks

2:30pm: Conversations with senior boys- in reality or via video.

3:00 pm: TEA

3:30pm: Intro to communication & Working through a specific issue &  
problem solving

4:30 pm: Q&A and closing.

#### **DAY 2**

8:00 am: Substances and impact. Video material

9:00 am: Y generation concerns & gender issues.

10-10:30 am: TEA & snack

10:30am: Defining Values & using Values as a coaching tool

11:30am: Social Life- Boys' sexuality & intimacy

12:30 LUNCH

1:30pm: Social media and screentime.

2:30pm: Communication skills & exercises.

3:30- 5pm: Q&A: Masculinity and raising boys incl Parenting styles, intentions  
and commitments

MEGAN DE BEYER

+27837903700 [mdebeyer@gmail.com](mailto:mdebeyer@gmail.com) megandebeyer.co.uk