



CONTEXT and PURPOSE: There appears to be a family/social crisis of sorts in urban India with newspapers and social media reporting on suicides of young people too frequently for one's comfort. In this age of globalization and social media, a boy, girl, teen in urban India is no different from their counterpart in the west. Considering the unique cultural realities in the Indian context, the challenges faced by **teachers, school administrators, counselors, and other school personnel** to address these issues are daunting.

We will be offering a '**2-day training**' in Mumbai, India for Teachers, Principals, School Counselors and Administrators

WORKSHOP:

Empowering and Engaging Today's School Children and Teenagers in the Age of Social Media: For Teachers/School Administrators and School Counselors

(Topics include but are not limited to: *Social Media Intelligence, Cyberbullying, Internet Addiction, Anxiety & Depression Management in the Classroom, Warning Signs of Suicide, Mindfulness, Conflict Resolution, Development of an Integrated Approach/Model.*)

PRESENTERS:

Laxmi Parmeswar, MA, MS, LPC, DCC, Main Presenter
President/CEO (licensed Family Therapist, board certified)

<http://www.thepositiveoutcomes.com/laxmiteam.html>

<http://www.thepositiveoutcomes.com/index.html>

Dr. Cynthia Grguric, PhD, Presenter

<http://www.thepositiveoutcomes.com/cynthiateam.html>

Eeshani Chakraverty,

Project Consultant, Presenter

Sonali Gupta, Project Consultant and Advisor

TRAINING DATES: February 9th and 10th, 2018, 8:30 am to 5:00 pm (both days)

VENUE: Willingdon Catholic Gym, Church Avenue, Santa Cruz (West), Mumbai

COST: INR 15,000 per person (2 days) (includes lunch and coffee/snacks)
INR 12,000 per person EARLY BIRD REGISTRATION by 31st December, 2017
Group Rate for 4+ from the same school/institution- INR 12,000 per person

Key Features about the Workshop

- This intensive training will be ***experiential and customized*** for the Indian setting
- It will be current, and incorporate some theory, but mostly practical application strategies
- It will offer ***evidence-based tools and techniques*** that will be ***easy-to-apply and understand by the target audiences***

For more information and early bird registration, please contact Laxmi Parmeswar at +1-770 312 1003 or laxmiparmeswar@yahoo.com

Training Framework and Structure

Our goal is to stimulate participants to understand the emerging technology in social media and its overarching presence in young people's lives, and, in contrast, the absence of adults in that space who truly know how to navigate through the troubling and tumultuous trends of their world. We propose to accomplish this through 3 tiers.

TIER ONE

Educate and explore social media platforms with participants and establish a greater understanding of/familiarity with issues like internet addiction, cyberbullying, internet social responsibility, current laws of cybersecurity, the language of texting, sexting, 'relationship norms' in cyberspace and messaging applications, apps targeted specifically to teenagers, and the omnipresence of social media.

TIER TWO

Relating mental health to the overarching presence of social media in young people's lives. Understanding the warning signs of suicide, social isolation, alienation, anxiety, and depression, detecting and addressing internet addiction and cyberbullying, and integrating appropriate adult supervision in schools and homes. Providing tools and techniques to enhance communication with young people and 'merge' in their world to engage with them.

TIER THREE

Examining current systems of care/treatment of mental health for young people by effectively integrating evidence-based approaches to address parenting strategies, school discipline and supervision, and creating a responsive & accessible classroom environment that is in keeping with the changing emotional needs of adolescents & young adults.