



## Parents Education Network

*A coalition of parents collaborating with students, educators and the community to empower and bring academic success to students with learning and attention difficulties.*

### PEN Speaker Series 2008-2009

# RAISING SELF-DISCIPLINED AND CONFIDENT KIDS

Presented by:  
psychologist and author  
**Robert Brooks, Ph.D.**

One of the most important roles a parent plays is disciplinarian, yet few parents agree on what that entails. Esteemed psychologist and author Robert Brooks believes that what sometimes passes for discipline — tactics of yelling, pleading, punishing and grounding — actually do little to nurture self-motivation, resilience and self-discipline.

Join us as Dr. Brooks helps parents explore various disciplinary styles and outlines positive strategies that will encourage children and teens to become more responsible, respectful and confident. He will leave us with a clear plan for preparing our children to become independent adults.

Dr. Robert Brooks is one of the nation's leading authorities on the topics of resilience, motivation and family relationships. He is on the faculty of Harvard Medical School and has served as Director of the Department of Psychology at McLean Hospital in Boston. He is renowned for the warmth and humor he uses to bring his insights and stories to life. Dr. Brooks is the author or co-author of a dozen books, including *The Power of Resilience: Achieving Balance, Confidence and Personal Strength in Your Life*; *Raising Resilient Children* and, most recently, *Raising a Self-Disciplined Child*.

**MONDAY, NOVEMBER 17, 2008**  
6:30PM SIGN-IN, **7 – 9PM** SPEAKER EVENT

**THE SYUFY THEATER**  
**CONVENT AND STUART HALL**  
2222 Broadway  
San Francisco, CA 94115

**\$10 FOR PEN MEMBERS**  
**\$45 NON-MEMBERS** (includes one-year PEN membership)  
**FREE FOR PEN MEMBER SCHOOL FACULTY**

**BOOKS BY DR. BROOKS  
WILL BE AVAILABLE FOR  
PURCHASE!**

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