



www.bridges2understanding.com

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Cynthia Klein



Education

- Multiple-Subject Teaching Credentials, California and New Mexico
- B.A. in Developmental Psychology, U.C. Berkeley, Berkeley, CA
- Training and Human Resources Development Certificate, U.C. Santa Cruz, Santa Clara, CA

Parent Education Certificates

- Hand in Hand Parenting Certification Training, Building Emotional Understanding, Tantrum Training, 2006
- Positive Discipline: Teaching Parenting the Positive Discipline Way Certificate, 2003
- Active Parenting Today Leader Certification Workshop, 1994
- Child Rearing Education and Counseling Program of The Children's Health Council, 1993

Continuing Education: Family Health – Parenting - Relationships

- Challenge Success – Fostering Resilience in Children and Teens and Why It Matters, Stanford School of Education, 2017
- Challenge Success – Media Rules – Healthy Connections in the Digital Age, Stanford University School of Education, 2016
- Challenge Success – Sparking Creativity – Imagining Tomorrow's Schools, Stanford University, School of Education, 2015
- Challenge Success – Success by Design. Is it possible? Stanford University, School of Education, 2014
- Challenge Success – The Knowledge to Navigate: Strategies for Raising Healthy and Motivated Kids, 2012
- Seeing Ourselves and Our Family Clearly: A Roadmap Toward Happier Family Dynamics, The Enneagram Personality System, 2011
- Challenge Success, Championing a Broader Vision of Success for Youth, Stanford University, School of Education, 2009
- Common Sense Schools: A Parent Media Education Program, 2008
- Stressed Out Students, Helping to Improve Healthy, School Engagement, and Academic Integrity, Stanford School of Education, 2005, 2006
- The Social and Emotional Health of Children, The Family Forum, 2005
- Brief Negotiations, Kaiser Permanente, 2005
- Education and Facilitation for Health Action, Kaiser Permanente, 2004
- Family Forum, Fitness, Nutrition and Confidence: Raising Healthy Kids, 2003
- Preteens: Facing Risks and Making Choices, Lucile Packard Foundation for Children's Health, The Preteen Alliance 2002, 2003, 2005
- Couples Communication: Skills for Harmony and Growth, Kaiser Permanente, 2002
- Raising Adolescence with Parent Effectiveness Training, 2000
- The Family Forum, Family and Work: The Balancing Act, 2000
- The Family Forum, Girls' Voices, Boys' Voices: How We Can Listen, 1999

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- Parent Services Project: Strengthening Families, 1998
- Parent Effectiveness Training, 1995

Professional Experience

Sole Proprietor of a Parenting Education Business 1994 – current
bridges 2 understanding, Redwood City, CA

- Published my book, April 2017, *Ally Parenting – A Non-Adversarial Approach to Transform Conflict Into Cooperation*
- Currently offering a Continuing Adult Education business focusing on childrearing private coaching and educational public courses presented as a professional speaker.
- Conducted over 600 private one-on-one parenting education coaching sessions. These were conducted in three formats. In-Home coaching while parents are interacting with their children, in the office or over the phone.
- Interviewed parents to discover underlying causes of parent-child discord and proposed a variety of parenting tools to improve the relationship and meet the parents' goal for appropriate child behavior.
- Provided In-Home Parent Coaching for the most efficient and effective improvement in family relationships.
- Delivered 400 + single and multi-session parent education presentations. Topics Include: Communication skills, understanding and redirecting misbehavior, anger management, age appropriate expectations, learning differences, adult self-reflection, parental personal growth, the parent as the authority figure, and learning inner driven responsibility.
- Conducted preschool and elementary teacher in-service workshops on developing a cooperative learning and play environment. Knowledgeable in the Theory of Multiple Intelligences.
- Designed objectives, analyzed the training situation, outlined the coursework and determined the most beneficial methods, sequence and instructional approach to reach the objectives of developing effective and satisfied parents and families.
- Researched and developed materials based on research and personal knowledge utilizing handouts, flipcharts, videos, interactive activities, group discussion. Created marketing materials, contacted prospective clients.
- Parenting Educator for the Jewish Family Children's Center in San Mateo and Palo Alto

Curriculum Development Project Manager 2005 - 2006
Hand in Hand Parenting, Palo Alto, CA

- Directed all facets of a 1 year project developing an Adult Continuing Education course for parents and child care providers and exceeded the desired outcome.
- Worked flexibly and responsively to the director; assessing needs, proposing project format, requesting written text, editing, and refining visual aids.
- Created a comprehensive Trainer's Manual accessible to course instructors of various cultures, educational background and experiences. Microsoft Word, Photoshop, Publisher.
- Collaborated with 11 team members, 5 agencies, graphic artist, and printer culminating in five 15-hour parent and caregiver educational courses.
- Instructed and evaluated course using developed manual, visuals, handbook and assessment tool.

Resource Center Coordinator and Parent Educator
The Children's Health Council, Menlo Park, CA

2000 - 2002

- Supervised 1 employee and 2 volunteers.
- Researched, ordered and catalogued special needs resource books for adults and children.
- Created a user-friendly resource center environment and provided community resource information.
- Delivered presentations at businesses and schools on parent education topics and available services at The Children's Health Council.
- Designed, developed and instructed classes and held private parent coaching sessions.

Training Intern for the City of San Francisco
San Francisco Airport, San Francisco, CA

1991 - 1992

- Interviewed employees in each department to determine training needs.
- Designed and developed curriculum and materials, and presented courses on stress management, communication skills and goal setting.
- Created a receptive learning environment with all levels of employees attending, managerial, secretarial, legal, custodial and accountants.

Multiple Subject Teacher in Alameda, CA and Albuquerque, NM

- Instructed required course work to K - 6th grade students using innovative educational techniques addressing diverse learning styles, cultures and abilities.
- Collaborated with an interdisciplinary team in the areas of evaluation, planning and implementation of education strategies.

Publications

- Klein, Cynthia *Ally Parenting - A Non-Adversarial Approach to Transform Conflict Into Cooperation*, Redwood City, Bridges 2 Understanding, 2017
- Klein, C. (2016), *The Art of Listening Openly*, Parenting on the Peninsula, Summer 2016, Vol 10, edition 6, Pg. 7 Last edition of Parenting on the Peninsula magazine
- Klein, C. (2016), *How to Find Solutions with Your Children*, Parenting on the Peninsula, February 2016, Vol 10, edition 2, Pg. 15
- Klein, C. (2015), *Win Cooperation with Your Strong-Willed Child*, Parenting on the Peninsula, November 2015, Vol 9, edition 11, Pg. 14
- Klein, C. (2015), *Finding a New Discipline Path*, Parenting on the Peninsula, May 2015, Vol 9, edition 9, Pg. 17
- Klein, C. (2015), *Why Children Do What They Do. It's Not About You!*, Parenting on the Peninsula, August 2015, Vol 9, edition 8, Pg. 11
- Klein, C. (2015), *Feeling Unappreciated*, Parenting on the Peninsula, May 2015, Vol 9, edition 5, Pg. 15
- Klein, C. (2015), *Why Kids Reject Our Help*, Parenting on the Peninsula, February 2015, Vol 9, edition 2, Pg. 15

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- Klein, C. (2014), *Discover Your Parenting Role*, Parenting on the Peninsula, November 2014, Vol 8, Edition 11, Pg. 8
- Klein, C. (2014), *You Should Be a Lawyer!*, Parenting on the Peninsula, September 2014, Vol 8, Edition 9, Pg. 17
- Klein, C. (2014), *The Key to Making Positive Parenting Changes Stick*, Parenting on the Peninsula, June 2014, Vol 8, Edition 6, Pg. 5
- Klein, C. (2014), *Build Harmony with Discipline*, Parenting on the Peninsula, February 2014, Vol 8, Edition 2, Pg. 19
- Klein, C. (2014), *Embracing Problems*, Parenting on the Peninsula, January 2014, Vol 8, Edition 1, Pg. 18
- Klein, C. (2013), *Appreciation Fosters Happiness*, Parenting on the Peninsula, December 2013, Vol 7, Edition 12, Pg. 16
- Klein, C. (2013), *Coping with ADD and ADHD, Create a Distraction Friendly Home*, Parenting on the Peninsula, October 2013, Vol 7, Edition 10, Pg. 10
- Klein, C. (2013), *A Time for Compassion*, Parenting on the Peninsula, August 2013, Vol 7, Edition 8, Pg. 9
- Klein, C. (2013), *Creative Parenting Wins Cooperation*, Parenting on the Peninsula, April 2013, Vol 7, Edition 4, Pg. 9
- Klein, C. (2013), *The Three Rules of Play*, Parenting on the Peninsula, March 2013, Vol 7, Edition 3, Pg. 9
- Klein, C. (2012), *Turn Crazyiness into Calmness*, Parenting on the Peninsula, December 2012, Vol 6, Edition 12, Pg. 5
- Klein, C. (2012), *Growth Comes in spurts*, Parenting on the Peninsula, October 2012, Vol 6, Edition 10, Pg. 9
- Klein, C. (2012), *Breaking Through Deadlocks*, Parenting on the Peninsula, July 2012, Vol 6, Edition 7, Pg. 14
- Klein, C. (2012), *Are you an Ally or an Adversary?*, Parenting on the Peninsula, May 2012, Vol 6, Edition 5, Pg. 7
- Klein, C. (2012), *Teen Angst? Bridging the Emerging Gap*, Parenting on the Peninsula, March 2012, Vol 6, Edition 3. Pg. 24
- Klein, C. (2012), *How Much is Enough?*, Parenting on the Peninsula, January 2012, Vol 6, Edition 1. Pg. 11
- Klein, C. (2011), *Teaching Self-Reliance*, Parenting on the Peninsula, November 2011, Vol 5. Edition 11, Pg. 18
- Klein, C. (2011), *I'm Bored. There's Nothing to Do*, Parenting on the Peninsula, September 2011, Vol 5. Edition 9. Pg. 7
- Klein, C. (2011), *Fathering Skills: How to Create a Rainbow Day*, Parenting on the Peninsula, June 2011, Vol 5. Edition 6. Pg.9
- Klein, C. (2011), *Choosing a Road Less Traveled*, Parenting on the Peninsula, May 2011, Vol 5. Edition 5. Pg.7
- Klein, C. (2011), *Your Middler as A Cat?* Parenting on the Peninsula, June 2011, Vol 5. Edition 2. Pg.17
- Klein, C. (2010), *Responding to Emotions*, Parenting on the Peninsula, December 2010, Vol 4. Edition 12. Pg.17
- Klein, C. (2010), *Listening to Emotions*, Parenting on the Peninsula, October 2010, Vol 4. Edition 10. Pg.17
- Klein, C. (2010), *Middle School Mom: The Pivotal Years*, Parenting on the Peninsula, August 2010, Vol 4. Edition 8. Pg.16
- Klein, C. (2008), *Building Bridges to Understanding*, Parenting on the Peninsula, April 2008, Vol 2, Edition 4, Pg. 12
- Klein, C (2003), *Building Bridges to Understanding*, Living Buddhism, October 2003, Vol 10, pg. 8

Parent Education Presentations, Multi-Session Courses, and Teacher In-Services

Presentations and Courses in Organizations

Organization	Start Date	Presentation / Class Title
Parents Place Online Class	5/17/18	Self-Esteem
Hillsborough Mothers' Group	4/11/2018	Motivating without Rewards
Parents Place, Palo Alto	2/28/18 & 3/7/18	Stop Struggling: Turn Conflict Into Cooperation
Parents Place San Mateo	2/8/18 & 2/15/18	Strong-Willed Child
Parents Place, Palo Alto	1/23/18	Positive Discipline 101
Parents Place, Palo Alto	12/14/18	Mothers and Daughters
Hillsborough Mothers' Group	12/13/18	Effective Communication Strategies
Hillsborough Mothers' Group	11/7/17	Letting Go
Parents Place, San Mateo	11/2, & 11/9/2017	Stop Struggling Using Ally Parenting Strategies
Parents Place, Palo Alto	9/4, 11, 18, 25/2017	Positive Discipline
Parents Place, San Mateo	9/27/2017	Self-Esteem and Personal Power
Mountain View Library, Mountain View	9/21/2017	Encouraging Responsibility
Parents Place, Palo Alto	9/7 & 9/14/2017	Discipline with Strong-Willed Child
Sutter Health Pediatricians, San Mateo	7/19/2017	Strong-Willed Child Strategies
Parents Place, San Mateo	6/27/2017	Mothers and Daughters
Parents Place, Palo Alto	5/25/2017	Self-Esteem and Personal Power
Parents Place, San Mateo	5/10/2017	Craziness to Calmness
Parents Place, Palo Alto	3/29/2017	Getting Kids to Listen
Parents Place, Palo Alto	3/21/2017	Stop Struggling Using Ally Parenting Strategies
Foster City Teen Center, Foster City	3/16/2017	Power Struggles and Teens
Rinconada Library, Palo Alto	3/2/2017	Setting Non-Negotiable Limits
Parents Place, Palo Alto	2/28/2017	Craziness to Calmness
Oshman Family JCC, Palo Alto	2/8/2017	Raising Resilient Children
Santa Clara Library, Santa Clara	1/31/2017	Shy and Sensitive Children
Rinconada Library, Palo Alto	1/5/2017	Empowering Daughters
Santa Clara Library, Santa Clara	1/3/2017	Stop Whining and Manipulation
Parents Place, San Mateo	12/1 & 12/8/2016	Discipline of Strong-Willed Child
Parents Place, Palo Alto	10/20/2016	Self Esteem and Personal Power
Santa Clara Library, Santa Clara	10/4/2016	Power Struggles and Teens
Parents Place, Palo Alto	9/20/2016	Discipline of Strong-Willed Child
Parents Place, Palo Alto	8/9/2016	I'm Talking and They're Not Listening
Parents Place, Palo Alto	7/28/2016	Mothers and Daughters
Parents Place, San Mateo	7/21/2016	Personal Power and Self-Esteem
Parents Place, San Mateo	6/9/2016	Discipline with the Strong-Willed Child

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Parents Place, San Mateo	4/19/2016	I'm Talking but They're Not Listening
Foster City Teen Center, Foster City	3/17/2016	How to Develop Resilient and Resourceful Children
Peninsula Temple Beth El, San Mateo	2/16/2016	Self-Esteem and Personal Power
Santa Clara Library, Santa Clara	2/2/2016	Taming Your Tween
Parents Place, San Mateo	1/28/2016	Discipline with the Strong-Willed Child
Parents Place, Palo Alto	1/27/2016	Self-Esteem and Personal Power
Mitchell Park Library, Palo Alto	1/7/2016	Empowering Your Daughter
Santa Clara Library, Santa Clara	1/5/2016	Mothers and Daughters
St. Peter's Episcopal Church, Redwood City	11/11/2015	Stop Arguing and Win Cooperation
Santa Clara Library, Santa Clara	11/3/2015	Stop Arguing and Win Cooperation
Parents Place, San Mateo	8/12/2015	Effective Discipline with Strong-Willed Child
Parents Place, Palo Alto	7/30/2015	Winning Kids Over Without Punishment
Parents Place, Palo Alto	7/21/2015	Self-Esteem and Personal Power
Parents Place, San Mateo	6/23/2015	Turn Crazy to Calmness
Sunnyvale Library, Sunnyvale	5/26/2015	Romance of Risk of Teenagers
Parents Place, San Mateo	5/12/2015	Self-Esteem and Personal Power
Parents Place, Palo Alto	3/19/2015	Raising Resilient Children
Parents Place, San Mateo	3/10/2015	Mothers of Daughters-Keeping Closeness
Parents Place, San Mateo	2/4/2015	Learning to Let Go - Freedom with Children and Teens
Parents Place, Palo Alto	1/28/2015	Building Child's Self-Esteem and Personal Power
Foster City Teen Center	1/14/2015	Learning to Let Go - Freedom With Children and Teens
Parents Place, Palo Alto	1/13/2015	Stop Arguing and Win Cooperation with Your Kids
Parents Place, San Mateo	12/18/2015	Effective Discipline with Strong-Willed Child
Parents Place, Palo Alto	11/14/2014	Emotional Intelligence
Parents Place, San Mateo	10/14/2014	Winning Kids Over Without Punishment
Parents Place, San Mateo	9/23/2014	Mothers and Daughters: Keeping the Closeness
Parents Place, Palo Alto	7/24/2014	Winning Kids Over Without Punishment
Parents Place, Palo Alto	7/8/2014	Self-Esteem and Personal Power
Parents Place, San Mateo	6/11/2014	Craziness to Calmness
Parents Place, San Mateo	5/7/2014	Winning Kids Over Without Punishments
Parents Place, Palo Alto	3/20/2014	Craziness to Calmness
Parents Place, San Mateo	3/12/2014	Learning to Let Go
Parents Place, Palo Alto	2/11/2014	Winning Kids Over Without Punishments
Foster City Teen Center	1/15/2014	Winning Teens Over Without Punishment
Parents Place, San Mateo	1/8/2014	Discipline with Strong-Willed Child
HIPP Housing, San Mateo County	1/4/2013	Discipline: Winning Kids Over
Parents Place, San Mateo	11/5/2013	Building Self-Esteem
Women Entrepreneurs of the Bay Area, San Mateo	10/18/2013	Listening and Communicating
Parents Place, Palo Alto	9/26/2013	Effective Discipline

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Parents Place, San Mateo	9/17/2013	Winning Kids Over
Burlingame Lions Club	8/15/2013	Communication
Parents Place, San Mateo	8/7/2013	Craziness to Calmness
Parents Place, Lucy Stern Center, P.A.	8/1/2013	Emotional Intelligence and Problem Solving
Silicon Valley California Assoc. of Marriage and Family Therapists	7/26/2013	Parents Can Win Kids Over Without Punishments or Rewards
Parents Place, Palo Alto	7/18/2013	Building Self-Esteem
Parents Place, San Mateo	7/11/2013	Joyful Discipline
Parents Place, San Mateo	6/11/2013	Emotional Intelligence
Parents Place, San Mateo	5/28/2013	Parenting Teens Part 2
Tamarind Financial, San Mateo	5/27/2013	Keeping Communication Open
Parents Place, San Mateo	5/21/2013	Parenting Teens Part. 1
Parents Place, Palo Alto	5/16/2013	Kids are Driving Me Crazy
Parents Place, San Mateo	5/14/2013	Winning Kids Over Without Punishments or Rewards
Morrissey-Compton, Palo Alto	5/2/2013	Tear Down the Walls
Parents Place, San Mateo	4/30/2013	Mothers and Daughters
San Carlos Mothers Club Parents Place , Palo Alto	4/18/2013	Balance Work and Family
Parents Place, Palo Alto	2/28/2013	Winning Kids Over Without Punishments
Stanford University Work-Life Office, Stanford	2/14/2013	Teenagers
Stanford University Work-Life Office, Stanford	2/7/2013	Teenagers
Parents Place, Palo Alto	2/6/2013	Emotional Intelligence
Bridges 2 Understanding Webinar	1/29 – 3/19/2013	Teenagers Webinar – 7 sessions
Parents Place, San Mateo	1/24/2013	Build Bridges to Understanding: Creating Strong Family Cooperation
Morrissey-Compton Educational Center, Palo Alto	12/4/2012	Turn Craziness into Calmness
Parents Place, San Mateo	11/15/2012	Mothers and Daughters
Stanford University Work-Life Office, Stanford	11/12/2012	Power Struggles
LaMorinda Moms	11/6/2012	Turn Craziness into Calmness
Boys and Girls Club, East Palo Alto	11/1/2012	Winning Kids Over Without Punishments or Rewards
Boys and Girls Club, Redwood City	10/24/2012	Winning Kids Over Without Punishments or Rewards
Stanford University Work-Life Office, Stanford	10/11/2012	Enhance Emotional Intelligence in the Family
Boys and Girls Club, E. Menlo Park	10/10/2012	Winning Kids Over Without Punishments or Rewards
Parents Place, San Mateo	9/19/2012	Winning Kids Over Without Punishments or Rewards
Bridges 2 Understanding, Teleseminar	7/10/2012	Build Bridges to Understanding: Creating Strong Family Cooperation

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Bridges 2 Understanding, Teleseminar	6/21/2012	Tear Down the Walls: Avoid wall building language in your family.
Bridges 2 Understanding, Teleseminar	6/5/2012	Understanding Problems: How to be a parenting detective
Bridges 2 Understanding, Teleseminar	5/24/2012	Emotional Intelligence: The foundation of a problem-solving family
Morrissey-Compton Educational Center, Palo Alto	4/17/2012	Increasing Emotional Intelligence in the Home
Boys and Girls Club, Redwood City	11/30/2011	Discipline without Rewards or Punishments
Boys and Girls Club, East Palo Alto	11/16/2011	Discipline without Rewards or Punishments
Stanford University WorkLife Office, Stanford	11/15/2011	Dads Taking Charge of the Kids Alone
Boys and Girls Club, Menlo Park	11/9/2011	Discipline without Rewards or Punishments
Morrissey-Compton Educational Center, Palo Alto	11/3/2011	Discipline without Rewards or Punishments
Stanford University WorkLife Office, Stanford	10/18/2011	Discipline: Getting the Message Across Effectively
Bridges 2 Understanding, San Mateo Office	6/16/2011	I've Got the Kids Alone! Dad's Group, 2 sessions
Kaiser Permanente, Redwood City	5/3/2011	Discipline and the Strong Willed Child, 4 sessions
Hand in Hand Parenting, Palo Alto	4/28/2011	Building Emotional Understanding, 6 sessions
Boys and Girls Club, Menlo Park	4/21/2011	My Kids Are Driving Me Crazy
Boys and Girls Club, East Palo Alto	4/7/2011	My Kids Are Driving Me Crazy
Las Madres, Cupertino Community hall	3/31/2011	Developing Your Child's Self Esteem
Stanford University WorkLife Office	3/29/2011	Parental Anger
The Children's Health Council, Palo Alto	2/24/2011	Mothers and Middle School Aged Daughters
Bridges 2 Understanding Office, San Mateo	2/20/2011	What is Relationship Parenting?
Stanford University WorkLife Office	2/10/2011	Teen Communication
Morrissey-Compton Educational Center, Palo Alto	2/8/2011	Kids Are Making me Mad
Stanford University WorkLife Office, Stanford	2/3/2011	Teen Communication
CORA / Burlingame	1/19/2011	Building Emotional Understanding, 6 sessions
Peninsula Bridge, Menlo Park	11/16/2010	The Kids Are Making Me Mad
Our Second Home, Daly City	10/25/2010	Building Emotional Understanding, 6 sessions
Kaiser Permanente, Redwood City	10/12/2010	Discipline and the Strong Willed Child, 4 sessions
Stanford University WorkLife Office	10/12/2010	Building Connections - Breaking Down Barriers
Peninsula Bridge, San Mateo	7/8/2010	My Kids Are Driving Me Crazy
EHC Life Builders, Santa Clara	6/8/2010	Win Cooperation and Enjoy Children
The Children's Health Council, Palo Alto	5/27/2010	Raising an Only Child
Stanford University WorkLife Office	5/3/2010	Expanding Limits
The Children's Health Council, Palo Alto	4/21/2010	The Kids are Making Me Mad, 3 sessions
Boys and Girls Club, East Palo Alto	4/14/2010	Who's In Charge?
Boys and Girls Club, Redwood City	4/13/2010	Who's In Charge?
Boys and Girls Club, Menlo Park	3/30/2010	The Kids are Making Me Mad

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Boys and Girls Club, East Palo Alto	3/15/2010	The Kids are Making Me Mad
Boys and Girls Club, Redwood City	3/9/2010	The Kids are Making Me Mad
Stanford University WorkLife Office	2/25/2010	Managing Parental Anger
Girl Scout Troop 122271, Los Altos	2/19/2010	Girl Scout badge workshop
The Children's Health Council, Palo Alto	2/11/2010	Parents of Daughters
Girl Scout Troop 122271, Los Altos	2/9/2010	Empowering Our Daughters
Stanford University WorkLife Office	2/2/2010	Managing Parental Anger
Stanford University WorkLife Office	12/10/2009	Building Self-Esteem and Personal Power
The Children's Health Council, Palo Alto	11/5/2009	My Kids Are Driving Me Mad, 3 sessions
Willows in the Wind, Sunnyvale	11/3/2009	Keep the Conversation Going
Stanford University WorkLife Office	10/27/2009	Building Connections - Breaking Down Barriers
The Children's Health Council, Palo Alto	10/8/2009	Who's In Charge? 3 sessions
The Children's Health Council, Palo Alto	9/22/2009	Communicating with Teens, 2 sessions
Boys and Girls Club, Menlo Park	4/29/2009	Communicating with Your Middle-School-Aged Child
The Children's Health Council, Palo Alto	2/25/2009	Parents of Daughters
Hand in Hand Parenting, Palo Alto	1/27/2009	Building Emotional Understanding, 6 sessions
The Children's Health Council, Palo Alto	11/11/2008	Who's In Charge? 5 sessions
The Children's Health Council, Palo Alto	11/3/2008	The Juggling Act School-Aged Discipline, 5 sessions
Kaiser Permanente, Redwood City	10/29/2008	Staying Sane with Your Strong Willed Child , 4 sessions
The Children's Health Council, Palo Alto	9/2/2008	Parents of Middle-School Aged Daughters, 3 sessions
The Children's Health Council, Palo Alto	5/12/2008	Raising an Only Child, 2 sessions
The Children's Health Council, Palo Alto	4/29/2008	Mothers with Daughters, 3 sessions
The Children's Health Council, Palo Alto	1/26/2008	Mothers and Daughters Together
Bridges 2 Understanding, San Mateo Office	1/22/2008	Power Struggles
The Children's Health Council, Palo Alto	1/16/2008	I'm so Mad, 3 sessions
The Children's Health Council, Palo Alto	10/8/2007	Raising the Self-Reliant Child, 2 sessions
The Children's Health Council, Palo Alto	10/3/2007	Mothers of Middle School-Aged Daughters, 3 sessions
Kaiser Permanente, Redwood City	8/28/2007	Handling Power Struggles
SRI, Menlo Park	8/22/2007	Power Struggles
The Children's Health Council, Palo Alto	7/17/2007	Mothers with Daughters
Kaiser Permanente, Redwood City	5/8/2007	Positive Parenting, 2 sessions
Bridges 2 Understanding, San Mateo Office	6/16/2007	Parents of Teen Girls
The Children's Health Council, Palo Alto	6/1/2007	Mothers of Daughters
Northern California Association of Mothers of Twins	5/19/2007	Deciding Whose Problem It Is To Solve
Hand in Hand Parenting, Palo Alto	3/14/2007	Tantrum Training, 3 sessions
The Children's Health Council, Palo Alto	3/1 2007	Mothers of Daughters, 3 sessions

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The Children's Health Council, Palo Alto	2/7/2007	I'm So Mad and It's Your Fault! 3 sessions
Kaiser Permanente, Redwood City	2/16/2007	Power Struggles, 2 sessions
The Children's Health Council, Palo Alto	11/9/2006	Mothers of Daughters
The Children's Health Council, Palo Alto	10/19/2006	I'm So Mad and It's Your Fault! 3 sessions
Kaiser Permanente, Redwood City	10/10/2006	Tantrum Training, 3 sessions
SRI, Menlo Park	9/19/2006	Raising Self-Reliant Children
SRI, Menlo Park	8/22/2006	Power Struggles
Kaiser Permanente, Redwood City	3/20/2006	Teaching Your Child How to Solve Problems, 2 sessions
Kaiser Permanente, Redwood City	3/6/2006	Stop the Power Struggles! 2 sessions
The Child Care Coordinating Council	9/20/2005	Single Dads, 2 sessions
Hewlett-Packard, New Hampshire	10/6/2005	Giving New Freedoms
Hewlett-Packard, Massachusetts	10/6/2005	Giving New Freedoms
Kaiser Permanente, Redwood City	8/4/2005	2 Steps to Parenting Teens - Good Parents, 3 sessions
Kaiser Permanente, Redwood City	3/15/2005	The Strong Willed Child, 5 sessions
The Child Care Coordinating Council	3/22/2005	Effective Discipline for Ages 9 - 11, 2 sessions
The Child Care Coordinating Council	2/16/2005	Power Struggles, 3 sessions
The Child Care Coordinating Council	11/17/2004	Single Parenting, 4 sessions
The Child Care Coordinating Council	8/5/2004	Talking So Kids Will Listen, 2 sessions
Kaiser Permanente, Redwood City	7/20/2004	Your Child - the Problem Solver, 2 sessions
Walnut Grove Children's Center, Mountain View	7/28/2004	Teacher In-service
Walnut Grove Children's Center, Mountain View	6/20/2004	Teacher In-service
Kaiser Permanente, Redwood City	5/1/2004	Power Struggles, 5 sessions
The Child Care Coordinating Council	4/24/2004	Single Parenting, 2 sessions
The Child Care Coordinating Council	3/20/2004	Setting Limits
Hewlett -Packard, Palo Alto	3/23/2004	Expanding Limits
The Child Care Coordinating Council	3/8/2004	Positive Discipline of Teens, 4 sessions
The Child Care Coordinating Council	1/23/2004	Power Struggles, 3 sessions
Kaiser Permanente, Redwood City	10/1/2003	Power Struggles, 6 sessions
The Child Care Coordinating Council	10/20/2003	Understanding Teenagers, 3 sessions
The Child Care Coordinating Council	9/16/2011	Teaching Your Child How to Solve Problems, 3 sessions
The Child Care Coordinating Council	7/30/2003	Power Struggles, 2 sessions
The Child Care Coordinating Council	6/24/2003	Single Parenting, 2 sessions
The Child Care Coordinating Council	4/30/2003	Middle School Communication
Parenting Group, Redwood Shores	6/22/2003	Effective Discipline for Ages 9 - 11
Kaiser Permanente, Redwood City	3/6/2003	Power Struggles, 4 sessions
Kaiser Permanente, Redwood City	2/5/2003	Raising Daughters, 4 sessions

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Kyoko Lok's Parenting Group, Redwood Shores	1/17/2003	Communication Skills
Stanford University WorkLife Office	11/14/2001	Power Struggles
Beresford Recreation Center, San Mateo	10/9/2000	Riding the Emotional Roller Coaster, 2 sessions
Beresford Recreation Center, San Mateo	7/13/2000	Conflict Resolution
The Children's Health Council, Palo Alto	7/20/2000	Tuning Into Your Child's Strengths
The Children's Health Council, Palo Alto	6/11/2000	Conflict Resolution, 2 sessions
The Children's Health Council, Palo Alto	6/26/2000	The Four Goals of Behavior
Beresford Recreation Center, San Mateo	6/29/2000	Creating Harmony
Hewlett-Packard, Cupertino	5/9/2000	Multiple Intelligences
Senior Center of San Mateo, San Mateo	5/11/2000	Grandparenting
Beresford Recreation Center, San Mateo	2/8/2000	Multiple Intelligences
Beresford Recreation Center, San Mateo	1/26/2000	The Four Goals of Behavior
Hewlett-Packard, Palo Alto	11/8/1999	Multiple Intelligences
Beresford Recreation Center, San Mateo	10/27/1999	Communicating to Encourage Family Dialogue
Beresford Recreation Center, San Mateo	10/5/1999	Homework
Hewlett-Packard, Palo Alto	8/1/1999	Getting Your Child Ready for School
San Mateo-Foster City Tutors, San Mateo	3/27/1999	Multiple Intelligences
Applied Biosystems, Foster City	3/9/1999	Sibling Rivalry
Hewlett-Packard, Palo Alto	9/14/1998	Helping Your Child Succeed in School, 4 sessions
Hewlett-Packard, Palo Alto	4/14/1998	Helping Your Child Succeed in School, 4 sessions
Canada Junior College, Redwood City	3/19/1998	Communication Skills
Hewlett-Packard, Palo Alto	2/6/1998	Homework
First Presbyterian Church, Burlingame	10/3/1995	Active Parenting Today, 6 sessions

Parenting Presentations and Teacher In-Services in Schools

School	Date	Title
Mercy High School	1/31/18	Finding the Middle Ground with Your Teenager
Yew Chung International School	1/16/18	Getting to the Root of Your Child's Motivation
Cherry Chase School, Sunnyvale	4/18/2017	Getting Kids to Talk to You
KZV Armenian School	2/24/17	Teachers & Parents Working Together
Belle Haven Children's Center, Menlo Park	12/2/2015	Self-Esteem and Personal Power
Menlo Children's Center, Menlo Park	11/10/2015	Motivating without Rewards or Punishment
Cupertino Co-Op Nursery School, Sunnyvale	10/5/2015	Turn Crazy to Calmness
Martin School, S. San Francisco	6/24/2014	Positive Discipline

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Kehillah Jewish High School	2/12/2014	How to Respond So Your Teen Will Talk
Tierra Linda Middle School	2/6/2014	Cooperative Problem Solving
Mid-Peninsula High School	10/25/2012	Teen Communication
Fusion Academy	3/21/2012	Problem Solving Effectively with Your Teen
Terman Middle School, Palo Alto	3/30/2011	Raising Independent Thinkers
Cumberland Elementary, Sunnyvale	2/15/2011	Building Connections - Breaking Down Barriers
Mountain View Parent Nursery School	2/1/2011	Discipline that Builds Cooperation
Crystal Springs Uplands, San Mateo	9/21/2010	Raising Independent Thinkers
Baywood Elementary School, San Mateo	3/18/2010	Helping Children Solve Problems
Cupertino Co-Op Nursery	3/1/2010	Getting a Handle on Parental Anger
St. Leo the Great, San Jose	2/23/2010	Developing Children's Self-Esteem
Bayview Montessori, San Mateo	1/28/2009	Helping Children Learn From Emotional Moments
Homestead High School, Cupertino	1/5/2009	Shifting from Manager to Consultant
Addison Elementary, Palo Alto	10/22/2008	From Conflict to Cooperation
Eisenhower School, Santa Clara	5/27/2008	How to Rear a Smart Thinking Child
Eisenhower School, Santa Clara	4/8/2008	Understanding and Handling Anger
North Shoreview Montessori, San Mateo	3/18/2008	Understanding and Handling Emotional Moments
Little Wonders, San Mateo	2/4/2008	Connecting and Helping Solve Life Problems
Kinder Academy, San Mateo	9/12/2007	Understanding Emotional Moments
Little Wonders San Mateo	8/30/2007	Listening Openly: Being in the Moment - Teacher In-service
Parkside Elementary, San Mateo	8/23/2007	Solving Family Challenges Together
Columbia Pre School / El Carmelo School, Palo Alto	3/13/2007	Building Connections with Our Kids
Ardenwood School, Fremont	11/11/2006	Creating a Home Where Learning is Fun
French American School, Sunnyvale	10/12/2006	Handling Playground Problems Effectively
Acorn Woodland, Oakland	6/6/2006	Connection and Special Time
Crocker Middle School, Hillsborough	2/1/2006	Communication and Problem Solving
New Beginnings Preschool, San Mateo	5/19/2005	Discipline
Nesbit Elementary School, Redwood City	3/2/2005	How to Listen So Your Kids Will Talk
Millbrae School District. Millbrae	8/31/2004	Teaching Young Teens with the Brain in Mind - Teacher In-service
Walnut Grove Children's Center, Mountain View	7/28/2004	Teacher In-service - Communication
Walnut Grove Children's Center, Mountain View	6/21/2004	Building Cooperation

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Walnut Grove Children's Center, Mountain View	5/30/2004	Teacher In-service - Emotional Connection
El Crystal School, Millbrae	3/18/2004	How to Communicate So Your Kids Will Listen
San Mateo Foster City School District PEAK	2/28/2004	Power Struggles
Sunnybrae, San Mateo	1/20/2004	Power Struggles
Meadow Heights, San Mateo	11/18/2003	Enhance Learning Using Multiple Intelligences
Our Lady of Mt. Carmel, Redwood City	10/21/2003	Supporting Our Daughter's Inner Voice
Millbrae School District	8/26/2003	Teaching Reading and Writing Using The Theory of Multiple Intelligences - Teacher In-service
Baywood Elementary School, San Mateo	1/28/2003	Build Your Child's Self Esteem and Personal Power
Palo Alto Middle, Palo Alto	10/3/2002	Enhance Learning Using Multiple Intelligences
Millbrae School District, Millbrae	8/27/2002	Enhance Learning Using Multiple Intelligences - Teacher's In-service
Oak Elementary School, Los Altos	5/1/2002	Keeping Communication Open
Oak Knoll, Menlo Park	5/1/2002	Hey! The Kids Are Driving Me Nuts!
Woodside Priory, Portola Valley	3/12/2002	Mothers and Daughters Learning to Communicate Effectively- Class 2
Springer Elementary, Mt. View	2/27/2002	Discipline Strategies to Help Lead Your Children Toward Responsible Behavior
Woodside Priory, Portola Valley	2/26/2002	Mothers and Daughters Learning to Communicate Effectively- Class 1
Greenhills School, Millbrae	1/30/2002	Supporting Your Child's Learning Style through Multiple Intelligences
Springer Elementary, Mt. View	11/5/2001	Power Struggles and Anger
La Entrada, Menlo Park	10/25/2001	Understanding Your Developing Adolescent and Enjoying Them
Terman Middle School, Palo Alto	10/17/2001	Keeping Lines of Communication Open with Middle School-Aged Child
Our Lady of Mt. Carmel, Redwood City	10/10/2001	Creating a Home Environment that Encourages Learning
Stockelmeir School, Sunnyvale	4/25/2001	Understanding the Value of Family Rules and Parenting Styles
San Mateo Foster City School District PEAK	2/15/2001	Parenting Your Middle School Child and Enjoying It
Bayside Middle School, San Mateo	6/6/2000	Communication
Oak Elementary School, Los Altos	1/27/2000	Multiple Intelligences
Graham Middle School, Mountain View	10/7/1999	Tune in to Your Adolescent So They Don't Tune Out. Multiple Intelligences

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The San Mateo-Partnership, Kids and Families 1st	3/27/1999	Enhance Learning Using Multiple Intelligences as a Tutor
San Mateo Foster City School District PEAK	2/6/1999	Keys to Homework Motivation - Parent Education Conference Session #2
San Mateo Foster City School District PEAK	2/6/1999	Enhance Learning Using Multiple Intelligences - Parent Education Conference Session #1
George Hall School, San Mateo	11/12/1998	Discovering Your Child's Personal Learning Style
Cabrillo School, Pacifica	11/5/1998	Creating Lifelong Learning in the Home
Our Lady of Mt. Carmel, Redwood City	10/27/1998	Creating a Life Long Learning Environment in the Home
Roosevelt Elementary, Burlingame	5/28/1998	Rules and Resources for the Summertime
Sandpiper School, Redwood City	5/21/1998	Resolving Everyday Conflicts
McKinley Elementary, Burlingame	5/18/1998	Rules and Resources for the Summertime
St. Mathews Day Care, Redwood City	1/22/1998	Discipline, Rules and Choices
St. Mathews Day Care, Redwood City	3/26/1998	Resolving Everyday Conflicts with Respect
McKinley Elementary, Burlingame	12/2/1997	Parenting On Board, 3 sessions
Franklin Elementary, Burlingame	11/9/1997	Parenting On Board, 3 sessions
Roosevelt School, Burlingame	10/23/1997	Parenting On Board, 3 sessions
McKinley Elementary, Burlingame	7/16/1997	How To Teach Children Responsibility
Lincoln Elementary, Burlingame	4/15/1997	Active Parenting Today, 6 sessions
McKinley Elementary, Burlingame	5/1/1996	Active Parenting Today, 6 sessions
McKinley Elementary, Burlingame	3/1/1996	Active Parenting Today, 6 sessions

Volunteer Activities

- 1976 - present: Active leadership role in the SGI, a NGO affiliated United Nations peace organization. Presented numerous parent education workshops.
- March 2005: Planning committee member and Parenting Panel Expert for *Girl's Day* sponsored by Senator Jackie Speier, Lucile Packard Foundation, Notre Dame de Namur and San Mateo County Office of Education.
- 2003 - 2005: 17th District (San Mateo County) PTA Vice President for Parent Education.
- 2003 - 2004: Planning committee for *The Family Forum* sponsored by the Child Care Coordinating Council.

Organizations

2016 - present: Polka Dot Powerhouse

1976 - present: SGI International

