



MEDIATION MECHANICS

Where Conflict Becomes Opportunity

PARENT EFFECTIVENESS TRAINING

Parent Effectiveness Training (P.E.T.) was created by award-winning psychologist and three-time Nobel Peace Prize Nominee, Dr. Thomas Gordon in 1962.

It is an eight-week group workshop for any person seeking better relationships with their children, partners, friends, or colleagues.

You will learn practical communication skills that can help you become compassionate without being permissive or assertive and without resorting to punishment or reward.

Unfortunately, children don't come with an instruction manual. And, being a parent doesn't always mean that you instinctively know what to do. Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging—even overwhelming at times. We are here to help you learn practical communication and conflict resolution skills that will help you feel more confident as a parent.

We don't blame, we don't shame, and we don't mess with your values.

We have certified instructors across South Africa and Botswana.

Although, some people have described P.E.T. as life-changing, there is no magic to it.

It's like learning how to drive a car, it takes time and practice. We work with any skill level, with parents of children of all ages, and you are encouraged to make mistakes and have fun while learning.

+267 311 58 67

info@mediationmechanics.com

P.O.Box 10429 Village, Gaborone

Plot 54220, President Drive, Extension 9, Gaborone

www.mediationmechanics.com



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HOW YOU AND YOUR FAMILY WILL BENEFIT



Your children will feel free to discuss their problems and concerns with you instead of withdrawing.



They will learn self-discipline, self-control and an inner sense of personal responsibility.



You will learn how to work with each other instead of against each other.



You'll experience fewer angry outbursts and more problem-solving.



Everyone can participate in rule-setting so all will feel motivated to comply with the rules.



Fewer power struggles—less tension, less resentment, more fun, more peace, more love.

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LISTEN, TALK AND LEARN

WHAT YOU WILL LEARN



How to talk to your children so that they will listen to you.



How to listen to your children so they feel genuinely understood.



How to resolve conflicts and problems in your family so that no one loses and problems stay solved.



A method for troubleshooting family problems and knowing which skills to use to solve them.

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WE HAVE THE ANSWERS TO YOUR QUESTIONS

HOW THE PROGRAMME WORKS



PARENT EFFECTIVENESS TRAINING

This intensive, proven program is taught only by instructors certified by Gordon Training International.

The P.E.T. class consists of:

- Brief lectures
- Demonstrations
- Workbook exercises
- Role-playing
- Small group discussion
- Some homework

Each class participant will receive a set of P.E.T. materials which includes the 30th anniversary edition of the P.E.T. book, a P.E.T. Workbook, a Participant Certificate and a copy of Dr. Gordon's Credo. This is a 24-hour program. The programme depends on the Instructor. Normally it consists of 8 x 3 hour session held weekly.

Should you be interested please get in touch with us at
Mediationbotswana@gmail.com or details below

Ask for Charlene or Thato

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