



## WORLD-LEADING PARENTING EXPERTS COME TO CINCINNATI IN 2018

**Cincinnati, OH – Dec. 11, 2017** – Mayerson Academy, in partnership with Beech Acres Parenting Center and Children, Inc., will welcome four international experts to Cincinnati in 2018 to share world-class thinking on positive psychology and positive parenting.

The global author series, called “Raising Positive Children,” is designed for parents wanting to nurture positivity in children for immediate and life-long impact. Parents are encouraged to attend one or more sessions to hear the messages of hope, strength, confidence, mindfulness and resilience.

Details of the series are below:

**When:** 6 - 8 p.m. on Jan. 11, Feb. 15, March 15 and April 19

**Where:** Mayerson Academy Interactive Learning Center, 2650 Highland Ave.

**Tickets:** \$25 each, available at <https://raising-positive-children.eventbrite.com/>.

More information will also be available on the series' Facebook page:

<https://www.facebook.com/globalauthorseries/>

Speakers in the series include:

### **Lea Waters: Raising Strong Children**

Jan. 11, 2018 from 6 - 8 p.m.

Lea Waters, from Australia, is a psychologist, researcher, speaker and author who specializes in positive education, positive parenting and positive organizations. She shows parents the extraordinary results of focusing on children's strengths rather than always trying to correct their weaknesses. By showing us how to throw the “strength switch,” she demonstrates how we can help our children build resilience, optimism and achievement but we can also help to inoculate them against today's widespread depression and anxiety.

### **Louisa Jewell: Raising Confident Children**

Feb. 15, 2018 from 6 - 8 p.m.

Louisa Jewell, from Canada, is a speaker, author and leading expert on the topic of positive psychology. She has created an approachable and game-changing guide to building your situation-specific confidence, while explaining the importance of adopting a resilient mindset to be at your best as a parent.

### **Ryan Niemiec: Raising Mindful Children**

March 15, 2018 from 6 – 8 p.m.

Ryan Niemiec, from the United States, is a psychologist, coach and author. He is passionate about teaching mindfulness meditation as a pathway for helping individuals to flourish and live their best life. He will discuss how parents can best understand and utilize a mindful-based strengths practice for themselves and for their children.



**Lucy Hone: Raising Resilient Children**

April 19, 2018 from 6 – 8 p.m.

Lucy Hone, from New Zealand, is an internationally acclaimed researcher, author, lecturer and leader in the field of resilience and positive psychology. Her work is devoted to helping ordinary people exposed to real-life traumatic situations. In sharing her most recent research, she helps others work to regain some sense of control and take action in the face of helpless situations. Her advice will help parents build personal resilience for themselves and for their children.