



Don Grothoff, D.A.D

Keynote topics:

1. Behavior: **The Foreign Language** Every Parent Must Learn

Your child's behavior is the way they interact with the world. We often like to label it as "good" or "bad" and we want to control it the best we can. This method makes for frustrated parents and even more frustrated kids. It's time to reframe our focus from controlling behavior to learning from it! Much like learning a foreign language, interpreting behavior makes for a much more satisfying experience as you uncover your relationship with your child.

Let's decrease your anxiety (and your child's!) by mastering this language of behavior. Receive tools and uncover knowledge that you can implement immediately to enhance your relationship with your child. Experience the joy of connection! You will leave with more confidence as you let your child's behavior talk to you.

2. Shut Up and **Make A Difference!**

From one parent to another, I have a secret for you: I am not the perfect dad. I have made my share of mistakes. Looking back, I realize how much I have learned from those mistakes and I started to ponder the power of silence. Many of us find silence uncomfortable, but silence is a huge asset in parenting and in the workplace!

That's right, it's time to apply parenting principles to the workplace. Children are people, after all! Settle in for stories, tools and tips that I have learned as a parent that make for motivated people in all areas of life! Learn to interrupt the flow of your own thoughts during conversations and REALLY hear what people are communicating. You will find your workplace culture improving and your decision-making more effective if you shut up and listen!

About

Don Grothoff, D.A.D. ("Dad" for short) is a parent and founder of Focused Healthy Family. He learned from life experience how difficult parenting can be. He understands the challenges of raising neurodiverse children, but he found that there is hope of finding parenting solutions that work! The core premise of his philosophy is that behavior is a language your child is using to communicate with you, rather than as a problem to be fixed.

Behavior Modification does not work. Don instead focuses on cultivating relationships between parents and children, and for parents to change their mindset from helpless actors to having a meaningful impact in their child's life. Kids need parents who are confident and comfortable in their own skin and who use their own mistakes as opportunities for their kids to learn.



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Testimonials

“I thought you gave a great presentation and answered questions well. It is obvious that you have a deep well of knowledge and passion about your work and it shows in the presentation. I have explored how I communicate and interact with my own family ever since.

Thanks, Don & Gina, for coming to our club and for all the help.”

Luke Maybry – Rotary Club – Matthews, NC

“Don (with Focused Healthy Family) spoke to our Holistic Health Network group, sponsored by the Holistic Nurses of Charlotte and also to the National American Holistic Nurses meeting this year.

They were warm, personable, and shared personal family experiences that led them to realize the importance of self-care for themselves and their family. They were enthusiastic, energetic and passionate about what they do and explained how they had changed professions to do this current work.”

**Carol Shea, RN - Belle Radenbaugh, RN
President, Holistic Health Network**



More Keynote topics:

3. Box, Plate or Bowl? **Rethinking Parenting**

As parents we approach our children with our past experiences and unique personalities, but how many of us have analyzed our parenting philosophy? We have our parental expectations for our kids: They are born, go to school, go to college, make money, get married and so on.

Let's take a look at the way we parent and why we parent the way we do. We all want what is best for our kids, but being a good parent takes practice! Learn to be open to change and adjust course as needed to maintain a healthy balance in your family. You will find that you enjoy reconnecting to your family as you open up and live intentionally!

4. **OCD: Leave Us Alone!**

When we discovered our first daughter had OCD, her issues wouldn't allow her to touch just about everything because she thought that everything was dirty (not in a typical dirty as in muddy or dusty but contaminated). So, for instance, she could not touch the car door, meaning we couldn't get her in the car to go to therapy. The following years, there were so many triggers occurring without warning, that it made normal, everyday events incredibly difficult.

After many years of struggling to get by, we simply wanted OCD to leave us alone.

We had to learn how to adapt to having children with OCD, and it was not easy! I'm here because I want to leave you with hope. It is possible to get tools to manage your child's OCD and create a thriving relationship with your child. You may have to readjust and regroup, but take a deep breath, give yourself a break and plan your next steps.



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