

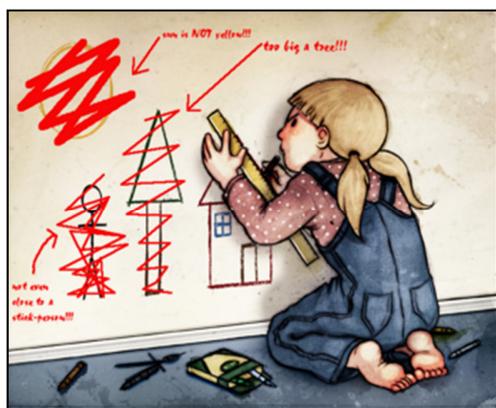
PEAK Consulting, LLC

(Parenting, Education & Advocacy for Kids)

“P” is for Perfect!

Helping children cope with perfectionism and anxiety

(A Seminar for Parents and Educators)



A very common trait in many bright children is that of perfectionism. This trait is seen in both the “paralysed perfectionists” – those children too afraid to try something for fear of failing, or not being absolutely perfect; but also seen in the “exhausted perfectionists” – those children who try so hard and labour over things repeatedly to make them just right. Whilst it is great to set high standards, perfectionism can lead to anxiety, frustration and low self-esteem. Bright children often apply these high expectations to other areas of their life as well, taking the weight of the world upon their shoulders, and feeling unable to do anything about it. These high expectations and feelings of anxiety often result in the sad situation where we have very capable and competent young students feeling angry, frustrated and inadequate. This seminar looks at issues relating to perfectionism and anxiety in bright children and ways in which we can help them understand and manage the issues with which they struggle.

DATE:	Day or Evening sessions
TIME:	1 ½ hour presentation followed by question time / discussion
VENUE:	School library / auditorium / local venues as arranged
COST:	\$15.00 per adult or \$200 per hour flat rate

Alison Brown is a registered Australian psychologist, an experienced teacher and a parent. She was a committee member and Vice President of the Victorian Association for Gifted and Talented Children over six years, has presented at a number of state, national and international conferences in the areas of technology, gifted education, and psychology, and has provided extensive consultation and training programs to schools in Victoria, New South Wales, Queensland, Switzerland and Germany. Having taught for seven years at Methodist Ladies' College, Melbourne and worked as a school psychologist at Mosman Preparatory School and Kincoppal-Rose Bay, Sydney, she has first-hand experience in recognizing and catering for the social, emotional, and academic needs of students. With a post-graduate degree in child and adolescent psychology, Alison established a private practice in Melbourne, in 2004, with a particular interest in the areas of parenting, counseling, and gifted children. Alison is currently based in New Jersey, USA, working as a consultant and advocate through seminars, parent workshops, forums, and individual consultations. She is a trustee on the board of the New Jersey Association for Gifted Children, and currently completing a PhD through La Trobe University looking at the benefits of using narrative therapy with children in counseling.

To enquire about available dates & times, or to arrange a school-based / district-based seminar, contact:

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