



TEMASEK JUNIOR COLLEGE

IP1 (2023 Intake) Online Registration Exercise

8. PARENT FORUM:

How to Help Your Teen in Managing the Transition to IP1

Date: 13 January 2023, Friday

Time: 5.30 – 7.30 p.m.

Mode: Online Session via Zoom

Zoom details:

Join Zoom Meeting

<https://us06web.zoom.us/j/87977522999?pwd=dDZHL210ek0vYUFIOXNudktuL01lUT09>

Meeting ID: 879 7752 2999

Passcode: TJC2023

Please log in with your Name/ Child's Name and class.

Synopsis

Transition from Primary Six to Secondary One is a major milestone in a teen's life. Teenagers are not only required to manage the various changes during this developmental stage but to shoulder a more complex and heavier academic load in school. In addition, they are facing a new environment, a larger school compound, more teachers and students who are completely new to them. It is an entirely new start in their academic pursuits and this can be both anxiety-laden and challenging. This journey may have pitfalls and may not be smooth-sailing. Find out how you can help and support your teen to navigate confidently with a positive and resilient mindset.

Speaker's Profile

Celine Veron Chai, M.Sc. (Counseling)

Celine is a dynamic and inspiring professional trainer and speaker with formal training in counselling, human resource and psychology. In the last 23 years, Celine has spoken to managers, executives, teachers, parents and students in the Asia-Pacific region. She conducts corporate training on team building, communication and personal mastery for working adults. She also devotes much of her time conducting parenting talks/workshops and student programs.

Celine has a passion for children, parents and families. She believes students can discover and nurture their true potential by understanding their uniqueness, having the right attitude and adopting the effective learning strategies. Her desire is to see children and students excel in their studies, at the same time having an enriching, exciting and memorable journey into adulthood. More importantly, her goal is to help every student being equipped with life skills, possessing positive attitudes and resilient mindsets to overcome challenges and succeed in life.

Celine also shares with parents on effective and positive parenting methods in schools and public seminars. As a mother of three, she believes that a loving and functional family is paramount to raising healthy, happy and successful children. She facilitates parenting and parent-child bonding workshops to help parents stay engaged and connected with their children as they grow through different developmental stages. Parents are also

equipped with skills through these workshops, which help them to mentor and coach their children to unleash their true potential.

To ensure her knowledge and skills stay relevant in helping parents, Celine also spend time to upgrade herself with related certification programs. Besides working as an approved service provider for FamilyMatters@School with Ministry of Social and Family Development in Singapore, she is a certified facilitator for Parenting with Confidence Program for 0-19 years old by Focus On the Family Singapore. Last by not least, she is also a certified Triple P (Positive Parenting Program) Practitioner by University Of Queensland, Australia.

Celine employs an active and interactive training style that enables participants to learn effectively and have fun while doing so. She also provides counselling services for families, couples and students who need additional help to restart their lives or embark on a new journey after the workshop.

(For more information, please log in to www.lifedynamicstraining.com/)

Life Dynamics Training and Development Center