

*Liz Imperio*  
Presents



# Raising Successful Children Reference Guide & Workbook

**WEEK 5 – COMMUNICATION**



# How the Program Works



## Reference Guide

Every week you'll find a detailed outline of each week's topic.



## Homework

These simple tasks will further your education. Extra advice for a real world application of the material will be at the end of each outline.



## Expert's Corner

Beginning in week 2, for those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



## Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



## Notes

A space for your notes has been provided throughout the workbook. This is for you to jot down your notes, thoughts and "aha" moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.



# Communication

## Basics of Communication

- listen
- eye contact
- body language
- remove emotional bias
- open-mindedness
- clarity of thought
- honest feedback
- mutual respect



## Results of Good Communication

- understanding
- awareness
- connection
- result
- solution





# NOTES

[illegible]





# Parent / Dancer Communication

## What a child offers

- lack of maturity
- lack emotional intelligence
- feeling misunderstood
- inability to articulate



## What a parent offers

- wisdom / experience
- high emotional intelligence
- patience
- understanding

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## Objectivity

- Managing expectations
- Remove emotional attachments

## Body language

- Human behavior
- Disrupt negative pattern



## Nurturing

- Guide with respect
- Tone
- Share your experience
- Be the parent





# Parent / Dancer Communication

## Be Available

- Notice when your kids talk
- Start the conversation
- Have one on one time

## Direct the Conversation

- What do they need
- Don't lecture or criticize
- Kids learn by imitating

## Are You Listening

- Express interest when they talk
- Let them complete their thought
- Listen to their point of view



# NOTES

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# Parent / Spouse Communication

## Understanding spousal fears

- what do they value
- arm yourself with info



## Dealing with resistance

- share child's purpose
- share success stories
- honesty is key
- child isn't a bargaining chip

## How they fit in

- their purpose
- support child's passion
- personal guidance
- share their strengths





# NOTES



## Expert's Corner

Communication is an art that, when mastered, will provide your dancer with incredible success and confidence.

All too often, dancer's working professionally will have no idea how to communicate to their peers or superiors. This not only appears unprofessional, but can also lead to many issues that may lose them a job.

Learning the proper ways to communicate effectively will go a long way in developing lasting work relationships based on trust and mutual respect.



## Life Lessons

"The biggest communication problem is we do not listen to understand."

Communicating with your dancer, spouse, teachers, or anyone can be challenging. However, by implementing the tips given in this week's content, not only will you see a positive change in communication, but a positive change in your relationships.

This is especially important in regards to your child. If you establish a healthy and open system of communication with them, it will serve to bring you closer for the rest of your lives.



# Week 5 - Homework

Get specific with your child's long term plan and share their commitment with your team...

**Step 1: Review your child's long term goal:** *In week 2, you and your child watched a video on setting goals, and then defined a long term goal for their life. (Week 2 Homework video and workbook are included below for your review - Ages 10+)*

**Step 2: Get specific:** *If their goal is to become a "professional dancer", that goal is not specific enough. Get very specific about exactly what they want to do with their life. The more specific the better.*

**Step 3: Establish timed: commitments** *Work together to determine what your child is willing to do to achieve their specific goal (as well as what you're willing and able to do), and determine an appropriate length of time to fully pursue that goal.*

**Step 4: Share the commitment with your team:** *Think of yourself as the CEO of your child's life... Your team is those around you who support your child's development (Spouse, teachers, studio, siblings, etc.)*

When your child's life is spent in the pursuit of their specific goals, their best lessons will be found in the journey, not in the destination. Along the way, it'll be your job to simply encourage them to think for themselves.