

### **Presented by Laura Murphy:**

As owner and President of Real Families, Inc., Laura has a bachelor's degree in Communications, is the mother of three, a Certified Parent Coach, instructor, and motivational speaker working with families and individuals to build stronger relationships.

Laura uses educational information mixed with her own personal experiences to intertwine her positive, realistic, and often humorous approach to parenting, marriage, and self-change. Whether it is working with Laura one-on-one, or in a small group, or in a large workshop she addresses everyday issues in a way that empower the participants to make the changes that will lead them to stronger more fulfilling relationships.

Real Families, Inc. offers a variety of classes and resources by Laura and other trained instructors.

### **The Mission of Real Families, Inc:**

*"To offer affordable and accessible assistance to parents, couples, and individuals desiring to enrich the quality of their family life".*

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## **Classes in Your Own Home**

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### **Classes and Workshops in the areas of:**

- *Parenting*
- *Marriage*
- *Family Finance*
- *Women's Retreats*

## Parenting Classes

### Becoming a Love and Logic Parent (Set up as a 5 or 6-week class)

From the nationally know parenting philosophy of "Love and Logic" where parents learn how to set enforceable limits, give choices within those limits, and consequences with empathy. Ideal for parents of toddlers to teens. Each week participants will build on the knowledge and experience of the week before while finding their parenting confidence grow!

### A Taste of Love and Logic:

A look of the Love and Logic Parenting philosophy and some basic tools to "try out" at home, ways to find out more about Love and Logic parenting, and fun stories of Love and Logic success.

### Parenting your Toddler and Preschooler

This class will help parents sort out the best way to parent for them during these very precious yet challenging years and set a foundation for a strong parent/child relationship.

### Raising a Good Kid First

This class takes a look at ways to raise a "good kid" that is polite, knows how to solve their own problems, and has strong values despite the pressures of society and peers.

### Raising Responsible Kids by Using Chores and Allowance

Learn how to design an allowance and chores program that is just right for your household no matter the ages of the kids or family dynamics. Practical ideas with sound backing of their importance presented in a fun and easy to implement program.

### Developing your Child's Mind

Take a look at simple, realistic steps parents can take to increase their child's neurological and social development while building stronger family relationships that will last a life time!

## FEES:

2-2.5 hour class.....	\$160*
½ day class/workshop (3-4 hours).....	\$200*
Full day workshop (5-7 hours).....	\$350*
5 week "Becoming a Love and Logic Parent" class.....	\$400*
6 week "Becoming a Love and Logic Parent" class.....	\$450*
Traveling fee.....	\$1/mile from Olathe, KS and return

\*Fees are based on classes taught in the Kansas City area. A traveling fee will be added to classes outside of this area.

## Making it affordable:

Not all churches, or schools will be able to afford a class or draw enough people to fill a class. The following are ideas of how to make a class or workshop affordable in your church or school:

- Contract with me to teach the class and devise a small fee structure for participants to pay. Depending on the class and the community size this could be as low as \$5/person but rarely would it be more than \$25/person for a half day workshop.
- Consider working with another church or school in your community or in a near by community. Both advertise and host the class/workshop jointly at one location.
- Consider a half day or all day seminar instead of several 2-hour classes to keep the cost and travel fee lower in the long run. Contact Laura Murphy with the specific needs and we come up with a plan that works for your church or school.

## Advertising ideas:

- Church or school newsletters and bulletins
- Advertisement in the local newspaper
- Half page flyers at the local school, pre-schools and daycares
- Word of mouth—encourage people to tell a neighbor and invite a friend.
- Real Families, Inc. will provide a flyer that can be reproduced and distributed with your location, class date/time.

## Women's Retreat Topics

**Putting the Sabbath into Our Daily Lives:** Learning to slow the pace of life to find life's greatest enjoyments.

**Water Walking:** Finding the courage to get out of the boat and walk with Jesus!

**Simplify:** How to find more pleasure in the simple things in life.

**Travels:** Discern the call to make the journey, recognize the journeys of your spiritual heart, discover who you meet along the way, and how to enjoy the trip.

**Women and Money:** Take a look at the roles woman play in money matters...as mothers, as wives, as individuals, and as God's children. There are things God calls us to do as stewards and women play a very important role in the lives of their families when it comes to money.

## Family Finance Classes

### The Top 10 things I Wish I'd Known about Money

Practical ideas of how to look at managing your money on a daily basis, getting out of debt and saving for the future from someone who has experienced the pitfalls of credit cards and dreaded the thought of living off a budget!

### Raising Money-wise kids:

Allowance, budgeting, saving, spending, earning, and money mistakes are all part of raising a responsible, money-wise kid! Explore ideas of how to structure financial learning and knowledge in your household that can last a lifetime!

## Parenting Classes

### Homework

A class offering a wealth of ideas of how to raise the odds that your children will take responsibility for their own work, earn good grades, and be responsible while the parents get away from nagging, bribing, arguing, and doing it for them.

### The Right Brained Child in the Left Brained World

Unlock a new way of thinking about how to teach and discipline kids that seem to learn and act in a way different than their peers. Many parents and teachers have found this class life changing as their view of a child's learning style becomes clear and understood, they learn how to change their approach to working with a child's behavior issues, and find concrete ideas of how to increase the likelihood of the child's academic, social, and behavioral success.

### Calming the Chaos of an ADHD Household

Find ways to teach your ADHD child social skills, get homework done, raise your child's self esteem and get new ideas of how to deal with the day to day issues that occur in an ADHD household. Explore options that can refuel all parents and make a calmer household while raising a more responsible child.

### How to Get to Church With Your Kids Without Loosing Your Religion

Put together a toolkit of ideas of how to get out the door with your kids to church (or anywhere) without reminders, threats, yelling, or loosing your cool. However, this class goes a bit deeper and offers parents ideas of how to get the family involved in church without complaints, excuses, meltdowns and more while in pursuit of building your family's faith. Great for parents of little ones as well as teens.

### I Love You Too Much to Argue with You!

Put an end to powerstruggles and energy drain with tools that really work while raising the respect level in your household.

## Parenting Classes

### Parenting Well in a World of Technology and Media

Take a look at the influence “screens” (ie: TV, gameboy, computer, video games, etc.), the media and corporate America has on our children and how to create a balance of screen and non-screen time in your home.

### Parenting your Teenager

What worked when they were younger may not work when hormones, family dynamics, social opportunities, and the onslaught of electronic gadgets are put into your home. Look at options for discipline (even a defiant teen!), building self esteem, manage daily chores, school expectations, choices of music and media, friends and peer pressure and much more while at the same time building a relationship with your adolescent.

### From Innocence to Entitlement

The focus on this class will be on how parents can implement techniques into their parenting skills to ward off entitlement and raise responsible, grateful, respectful children that think of others before themselves in today’s society entrenched in entitlement.

### Sibling Rivalry

Discover how to help children solve their own problems and set their own boundaries when the tides of sibling rivalry are running high. Laced with practical ideas this class will also teach making sibling arguments an opportunity to nurture problem solving skills that can last a life time.

### Parenting Without Robbing Your Child’s Innocence

It’s not easy parenting in a modern and technical world without making our children a smaller version of adults. Look at how to set limits that are right for your household, and then how to implement a “code of conduct” that will work for both parent and child.

### Does Your Child Give You “Brain Drain”?

Whether your child(ren) are toddlers or teens or any age in between, come get a few new “tools in your toolbox” of how to approach parenting predicaments such as whining, backtalk, power struggles, defiance, follow through, and other hot topics parents face each day.

## Marriage Classes

### Love and Respect

Take a look at how to “crack the communication code” between men and woman in a marriage: Woman want to feel loved and men want to feel respected in a relationship. Explore realistic ways to put love and respect into a relationship on the way to finding the deep joys of a relationship filled with love and respect.

### Discovering Positive Communication in Your Marriage/Relationship

This class promises a look at the various levels of communication in relationships, the cycles relationships fall into, ideas of how to keep the communication headed in a positive direction, a dose of humor, and an opportunity to see your relationship’s future in a new light

### The 5 Love Languages of Marriage

Using the book with the same title by Gary Chapman, discover the 5 Love Languages that are prevalent in each marriage and how each person speaks one love language more prominently than others. Discovering your spouse’s love language as well as your own will change and strengthen your marriage.

### Top 10 Ways to Keep your Marriage Going in the Right Direction

This class offers simple things that make a huge difference in opening communication, enhance passion, and putting a “fresh” feel back into the relationship.

### Note on all classes and workshops:

- Topics are not limited to what is listed in this document. If there is a topic or idea that you have, a class can be designed to fit that need.
- Most topics listed in this document are designed in a way that they can be tailored to a class for 2-3 hours, or a half or full day workshop. All classes promise to offer practical techniques woven with humor, motivation, and a spiritual approach when taught in a Christian environment.