

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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**WORK PLACE
LUNCH & LEARN**

Presented by Laura Murphy

Classes and Workshops in the areas of:

- *Parenting*
- *Marriage*
- *Family Finance*

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:

1 hour class.....	\$80*
3-5 different topics (ie: 1/month).....	\$75/class*
10 week "Becoming a L/L Parent" class.....	\$700*
One class/month for 12 months (various topics).....	\$820*
Evening/after work 2 hour class.....	\$150*
Saturday 3 hour workshop.....	\$200*
Traveling fee where applicable.....	\$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

Work places have a variety of ways to make this opportunity available to their employees. Here are some options:

- Employees are charged a participation fee to cover the cost of the class.
- Employees pay for a portion of the class and the employer pays for a portion as a gift to their employees.
- Employers pay for the fee of the class as part of the benefits for working for their company

Advertising ideas:

- E-mails and fliers within the work setting.
- Real Families, Inc will offer a free 1 hour of "A Taste of Love and Logic" to give a sample of presentation style, information, and format at your location to peek the interest in further classes.
- Word of mouth—Once people get a taste of what is available, word will spread!
- Real Families, Inc. will provide a flyer that can be reproduced and distributed with your location, class date/time.
- Class can be posted on Real Families, Inc. website if the establishment would like to open this program up to the community to help cover cost and as part of community relations.

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!

Benefits to Offering a Lunch and Learn Seminar at Your Work Location:

- Busy employees are looking for options to improve their home life around their work schedule.
- Employees that are happy at home and in their relationships are more productive at work.
- Employers find that absenteeism and tardiness go down when employees that are parents have solutions to parenting issues at home.
- Employees view having an opportunity for a Lunch and Learn Seminar about their home life as a fringe benefit to their employment.
- Employees have an opportunity to team build through the seminar experience.

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.

I Love You Too Much to Argue with You!

Put an end to power struggles 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 positive approach to all areas of life and relationships.