

**Cosburn MS School Council** proudly presents:

## Dr. Karyn Gordon: Teaching Empathy & Gratitude in Kids and Teens



Dynamic Speaking That Is Playful, Passionate & Pragmatic!  
[www.dkleadership.org](http://www.dkleadership.org)

**MONDAY, MAY 11, 2015**

**8:00 – 9:00 pm**

520 Cosburn Ave. in the Atrium (beside the office)--Doors open at 7:30 pm; coffee served

**Free to parents and caregivers**

**RSVP** at (416) 396-2335

Most parents desire for their children to be more appreciative, thankful and kind to others. But when we live in a culture of immediate gratification that is 'all about me' and with Generation Y being the richest in history, how can parents effectively teach an attitude of gratitude and empathy for others? Research tells us that empathy is a cornerstone of EQ (Emotional Intelligence), which is essential for a child's overall happiness as well as for future career opportunities. Thankfully, empathy and gratitude are virtues and skills which can be learned – and even young kids are capable of grasping these concepts. In this keynote, Dr. Karyn teaches 10 simple things parents can do starting today to develop empathy and gratitude in their children and teens! Specifically you will learn:

- The different types of empathy
- How the "attitude of entitlement" is related to an "attitude of gratitude"
- How a lack of gratitude is linked to depression and other problems
- What the research says on the benefits of empathy and gratitude
- 10 simple strategies parents can start doing to develop these traits in their kids / teens

Dr. Gordon is one of North America's leading parenting/relationship experts and a best-selling author.

She is also a regular contributor to USA's #1 Morning Show "Good Morning America" (ABC)

Canada's #1 Talk-Show "Cityline" (City)

Toronto's #1 Morning Show "Breakfast Television" (City)

Canada's #1 Lifestyle Magazine "Chatelaine"

This event is funded through a Parent Reaching Out Grant

**See you there!**