



**Jane Kristoffy**  
BA., BEd., MEd., OCT.  
Educational Strategist & Speaker

## **SPEAKING TOPICS:**

- Raising Resilient Teens, Ready for the Real World
- Tweens, Teens, & Screens
- Promoting Solid Study Skills at Home
- Transition to Post-secondary Life

**“This presentation was incredible.  
I could listen to Jane speak all afternoon.”**  
Shoshanna, Parents as Partners Conference **2019.**

## **RAISING RESILIENT TEENS, READY FOR THE REAL WORLD**

Does the thought of your teen’s transition to high school, university, or college keep you up at night? Do you wonder if he/she has the real world skills needed for the 21st century?

We live in a world with a changing job-market. Mental health problems are more prevalent than ever among high school & university students. As parents, we need to help our children develop resilience, and the skills needed to launch into today’s world.

In this interactive presentation with educator & guidance counsellor Jane Kristoffy, you will learn about how our current parenting styles impact our children’s readiness for the 21st century, and about how to nurture resilience, perseverance, and other “soft skills” in our children.

# TWEENS, TEENS, & SCREENS: RAISING CYBER-SAVVY KIDS IN THE DIGITAL AGE

Do you worry about the risks associated with your child's social networking and cyber activities?

As parents in this digital age, we are in uncharted waters when it comes to cyber-etiquette, screen-time regulations, and the impact of our children's general digital activities on their long-term goals and dreams.

In this conversation with Jane Kristoffy, educator & guidance counsellor, you will learn how to navigate the new "digital childhood," so you can mentor and guide your tweens/teens with their digital activity, instead of trying to control or shun it due to lack of understanding. Jane will share ideas about how you can encourage your child to have positive, balanced, & safe online activities.

## PROMOTING SOLID STUDY SKILLS AT HOME

Is your tween or teen driving you crazy with procrastination and bare minimum effort at school? Do you worry he/she doesn't have the right study skills and time management to fulfil her academic and personal potential?

In this workshop with Jane Kristoffy, educator & guidance counsellor, we will discuss the challenges preventing students from studying productively and efficiently. You will learn tricks, tools, and tips about how to manage study sessions at home, and encourage your student to be accountable and motivated.

## TRANSITION TO POST-SECONDARY LIFE

Are you worried about your teen's life after high school?

In this presentation, Jane Kristoffy, Educational Strategist and Guidance Counsellor will share information about post-secondary planning for your teenager, and focus on applications strategies. Jane will help you get your teen started with career & self-awareness, school & program options, and how your teen can build his/her best authentic applications, starting now.



Presentations are **ONE HOUR + Q & A**

CONTACT JANE at Right Track

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