

Professor Joe Martin presents “Stop Parenting, Start Coaching”

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I recently attended a presentation by Professor Joe Martin entitled “Stop Parenting, Start Coaching”. The presentation aimed to give parents the opportunity to learn how to take a more active role in their child’s life and education.

Professor Joe Martin is founder and president of the RealWorld University. He is a nationally known, award winning speaker, a university professor, published author and educational consultant. He was raised in one of the toughest inner city ghettos in Miami, Florida; in spite of this circumstance he started his own business at 22, and became the youngest tenured faculty member ever hired at a Florida State University.

Professor Martin began his presentation with “how to connect to children”; which was broken into 4 strategies. The first strategy presented, “prevention not intervention”. Prevention is achieved, according to Martin, by engaging and communicating. Professor Martin shared the G.L.A.D. technique of communicating with children, that he personally uses to engage and communicate each day after school with his children.

G~ what was **good** about school?

L~ what did you **learn** today?

A~ what made you **angry** today?

D~ what **drama** did you have today?

Asking these four questions opens up the lines of communication between parent and child.

“Don’t just be a parent, be transparent” was Professor Martin’s second strategy shared. Professor Martin stated that children love parents but don’t trust them. How to change this idea is to not lie to your children.

Moving on to the next strategy of “**be** examples not excuses”. He states the following points of what this means of being an example not excuse:

Do what you want your children to do

Act like you want your children to act like

Respond the way you want your children to respond

Allow yourself to listen the way you want your children to listen

Pick friends that you want your children’s friends to be like

Treat your children the way you want them to treat you

Raise your children the way you want them to raise their children

Seek forgiveness as you would like them to seek forgiveness

He tells parents to tell children everything you see me do, you do! Don't settle for less.

The final strategy he shares is "don't parent to protect, protect to parent". Professor Martin shares with his children don't be afraid to fail; people fail because they don't try. He asked parents when they go to a parent-teacher conference to ask the teacher one question "is my child a joy to be in your class? If the answer is yes, you're doing your job. Professor Martin stresses that grades are not the most important factor. Prepare, parent and protect your children. Tell your children you are proud of who they are.

Professor Martin ends his presentation by informing parents you should say these things to your children often:

~You love them

~You are proud of who they are (not what they did, but who they are)

~You won't go away.

Professor Martin shared another message he sends his children off to school with each day "have a N.O.W. day".

No Opportunity Wasted!