

familylab

familylab is an international organisation for counselling and competence development founded by the Danish family therapist Jesper Juul.

I am inspired by the work of familylab, because it does not advocate any particular methods, but emphasizes the importance of forming good relationships.

familylab deals with underlying attitudes and values that influence how we treat children, adults, and even ourselves.

Target Audience

These themes are relevant for anyone interested in dealing appropriately with children — parents as well as professionals such as teachers, headmasters, educators, and therapists — or indeed for anyone interested in forming good relationships in general!

"What we do
is less important than
how we do it."

—Jesper Juul



Constanze Volhard

D - 60486 Frankfurt am Main

Ph: +49-179-212 5796

constanze.volhard@familylab.de



**Lectures,
Workshops,
and Coaching**

on

**Children, Families,
and Education**



Constanze Volhard

familylab-Facilitator



Learning from and for Children

In my work as a familylab-Facilitator, I offer lectures, seminars, and information evenings.

My goal is to help adults expand their skills to support children in their development, so that the children will grow up to be responsible and independent individuals.

I have suggestions on how to relax and yet be a caring and powerful parent.

My seminars and lectures can be tailored according to your needs to focus on topics you care about.

If you have any questions, please do not hesitate to contact me — I look forward to hearing from you!

All seminars and lectures can be held in either English or German!

Liability exclusion familylab does not offer psychotherapy, it is our goal to inform and to inspire. Every participant is responsible for his or her own actions. familylab events are no replacement for therapy or consultations. We inform all participants that there is no guarantee of relief of bodily, mental, or spiritual suffering. The organizers cannot be held liable for possible problems arising from a visit to a familylab event.

My Services

Lectures and Workshops

I speak on the following topics:

- The importance of using language mindfully
- How to promote healthy self-esteem in children
- The role of creativity in positive child development
- Building good relationships instead of simply demanding obedience
- Dealing with aggression and resolving conflict creatively.

Coaching

In coaching sessions, you have the opportunity to obtain new insights into your own questions and problems about raising children.

I also offer compact Lunch-Coaching sessions for those with pressing problems, but little time.

Open Evening Sessions

Open evening sessions offer an opportunity for an informal exchange with other parents in an inviting setting. You can decide on the topic and, applying familylab perspectives, we will find new ways of seeing and look for helpful plans of action.

About Me

Official familylab-Facilitator.

Trainer in a diverse range of humanistic psychology methods, body-awareness-based personality development, and counselling. Personal focus: Martial arts and personality development (Aikido, 3. Dan) as well as equine-assisted leadership training.

Participant in various self-awareness and personality-development seminars.

Member of Esprit de Corps Toastmasters International Club Frankfurt (a non-profit organisation for the advancement of the art of public speaking).

Master of Science, University of Wisconsin–Madison, USA.

