

Suzanne Kyra

M.A. / REGISTERED CLINICAL COUNSELOR / INTERNATIONAL SPEAKER & CONSULTANT

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WHAT WE GIVE CHILDREN IS AS POTENT AS WHAT WE DO NOT GIVE THEM

Our children are those who live, and do not live, in our community. They are our greatest asset. We have a responsibility to them all. May we always choose wisely. Childhood is a tender, strong, vulnerable, and malleable time, dependent on adults for care, protection, support, guidance, inspirations, and love. All of this is required to nurture the treasure that lies within every child. Children's tomorrows are not for parents to experience. However, those tomorrows are deeply influenced by the parents' maturity and ways of caring for their children. How parents see them is how they see themselves.



Suzanne Kyra speaks out on how to love your child and care for your child's developmental needs and tasks in a friendly, informative, engaging manner. She is a Registered Clinical Counselor with over 30 years of experience, and is an international speaker, workshop leader, clinical supervisor, and consultant. She is the author of *Welcome Home to Yourself*, a photo journal in which she and her son, the photographer, explore the meaning of life through individual lenses. She is an expert in areas related to human behaviour, emotions, feelings, and thoughts. Taking her wealth of knowledge from psychology clinical research and practice, she transforms it into an immediate and fully accessible style for a broad audience.

If You Can't Ask Your Parents, Ask Google!

How is it that our children are more comfortable speaking with a machine than us?

Lavish Your Children:

Five proven paths to help teenagers find connection and happiness without spending money.

Sex "in" the City:

Pop Culture is teaching our children what we are not.

Food Talks!!!

Listen to it and transform your family's cravings into healthy eating.

Children Need You More than You Need Them:

Be with them now, or we all pay the price.



SUZANNE'S MEDIA EXPOSURE:

Suzanne Kyra's book, *Welcome Home to Yourself*, was released in September of 2008. Her early experience in theater gave Kyra a taste for the spotlight and sharing it with others. She is enthusiastically enjoying stepping into the media world of radio, TV, and print. She is a regular guest on *News for the Soul* with Nicole Whitney, and has been booked on many other radio shows. Suzanne speaks with authority and conviction. She brings warmth, disarming humor, and joy to her presentations, as well as provocative insights and wisdom. Whatever the interviewer's style, she is able to respond in a congruent manner that is also sensitive to the audience.

"Suzanne Kyra is a beam of light on the airwaves—a true interviewee for the soul." –Nicole Whitney, producer/host dubbed "Oprah of the Internet."

WHAT WE GIVE CHILDREN IS AS POTENT AS WHAT WE DO NOT GIVE THEM

If You Can't Ask Your Parents, Ask Google!

- 1) Why are children more comfortable with a machine than with us?
- 2) What are the benefits of children seeking information on Google?
- 3) What are the cautions?
- 4) How should parents be like Google?
- 5) How can we gain the trust of our children so they will ask us about important things in their lives?

Lavish Your Children:

- 1) What are the five proven paths to help teenagers find connection and happiness?
- 2) What is pop culture teaching our children?
- 3) Isn't this the way it has always been?
- 4) What should we do about it?

Sex "in" the City:

- 1) What message is pop culture giving our children?
- 2) What effect is this message having on them?
- 3) What message about sexuality do we need to give our teenagers?
- 4) How can we best deliver this message so they can hear it?

Food Talks!!!

- 1) How can food talk and what is it saying?
- 2) Okay, it has our attention. Now what should we do about it?
- 3) If we crave a certain food, does it not mean that we need it?
- 4) How do we get our family to want to eat healthy food?
- 5) What do you mean by "intuitive eating"?

Children Need You More than You Need Them:

- 1) What does that mean?
- 2) What price do we pay if we don't provide what they need?
- 3) How can we best meet our children's needs?
- 4) What happens when children's dependency needs are not met?