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Empowering Children for Life: the Role of the Prepared Adult in Supporting Life Skills – from Toddlers to Tweens

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Abstract

Children's potential flourishes when both the classroom and home environments are thoughtfully prepared and aligned to meet their developmental needs. This workshop explores how the prepared adult – whether parent, caregiver, or educator – can empower children to develop essential life and soft skills, emphasizing growth beyond academic achievement.

Drawing on Positive Discipline and Montessori principles, participants will learn practical strategies to cultivate a prepared adult mindset and create a prepared social, emotional and physical environment that supports independence, resilience, cooperation and lifelong learning.

Through interactive discussions, real-life examples, and reflective activities, attendees will examine common challenges children and adults face and explore actionable ways to support their social, emotional, and cognitive development. The session will highlight how parent education (for families, educators and caregivers) can bridge classroom and home everyday learning, helping families recognise their children's potential and meet their fundamental developmental needs.

Participants will leave with concrete tools, insights, and strategies to foster environments where children can thrive holistically – not just for exams – equipping them for a thriving adulthood.

Keywords: Prepared Adult, Parent Education, Positive Discipline, Montessori