

Local School Children Go Through Intensive Anti Bullying Training

Written by Australian Business

SANDY, UT, September 26, 2013 **/24-7PressRelease/** -- Last Saturday, Community Outreach - Sandy sponsored a free community workshop on Anti Bullying to help empower local children and stop bullying in schools. The free event was hosted by Personal Mastery Martial Arts and presented by Utah's Leading Family Safety Expert, Brett Lechtenberg. The workshop included a 1 hour interactive presentation for parents and children where families learned empowering techniques to help children avoid conflict with confidence.

One parent who attended the course, Heather DeGooyer, said, "This was an awesome course. My son Alec and I both learned a lot about Anti Bullying and different things that he can do to be safe at school. There was a lot of really good information."

When asked why he was so happy to teach this free Anti Bullying workshop Brett said, "Bullying is, unfortunately, a big problem in schools. I had experiences being bullied as a child and my goal is to help educate parents and children about bullying so that we can help the children in our community avoid conflicts and build their confidence."

One of the messages of the seminar was that a key to Anti Bullying is how parents work with their children to help them gain confidence. Bullies often pick their targets by how confident (or unconfident) a child is. They are less likely to pick on someone who has confidence. Safety Expert Brett Lechtenberg taught the parents and children at the workshop different ways they could work together to reduce stress and communicate about bullying while building confidence.

Family Safety Expert, Brett Lechtenberg has a library of empowering children's talks and workshops dealing with such issues as bullying, goal setting for good grades, and stranger awareness. The workshop he put on for Community Outreach - Sandy is just one of many children's empowerment and safety courses that he teaches. He also teaches adult safety courses and is working on a book about Anti Bullying for parents.

This event was organized and sponsored by Community Outreach - Sandy. For information about other free upcoming events and tickets to attend upcoming events just visit any of the following businesses:• Graystone Mortgage: 1966 East 6200 South, Salt Lake City - (801) 274-7400• Utah Lending Professionals: 6200 South 1966 East, Salt Lake City - (801) 860-1443• Discover Card• Children's Academy: 6910 South Highland Drive, Sandy - (801) 943-4454• Expo Foods: 1245 East 9400 South, Sandy - (801) 231-0739• The Learning Circle Performing Arts: 8685 South Highland Drive, Sandy - (801) 943-1757• iHouse: PO Box 900052, Sandy - (801) 898-6535• Kid-to-Kid: 1955 East 4800 South, Holladay - (801) 273-0282• Clark Harvey with Eagle Home Mortgage: 6955 Union Park Avenue #160, Cottonwood Heights - (801) 557-8540• Luce Chiropractic: 3630 W. South Jordan Parkway, South Jordan - (801) 254-1811• Bee

Local School Children Go Through Intensive Anti Bullying Training

Written by Australian Business

Smooth Skin Care: 1632 Cobblestone Village Circle, Sandy - (801) 597-2257 • La Petite Academy of Sandy, UT: 11347 South 1000 East, Sandy - (877) 861-5078 • Key Bank: 8625 S. Highland Drive, Sandy - (801) 937-3000 • A Touch of New York Salon and Spa: 10382 South Jordan Gateway #106, South Jordan - (801) 508-4206 • Merrill's Musik Garten: 8661 S. Highland Drive, Sandy - (801) 230-1039 • The Garden Gate Florist: 8673 S. Highland Drive, Sandy - (801) 943-3330 • Destinations Childcare Center: 7167 Highland Dr, Sandy - (801) 944-5140 • Baggaley & Rosen CPAs Tax and Accounting Professionals: 5911 S. Fashion Blvd, Ste 200, Salt Lake City - (801) 288-1222 • Mandarin Garden Authentic Chinese Restaurant: 8627 South Highland Drive, Sandy - (801) 944-0303 / (801) 943-1389 • Personal Mastery Martial Arts: 8665 Highland Drive, Sandy - (801) 947-1010 • iLoveKickboxing.com Sandy: 8663 Highland Drive, Sandy - (801) 942-9214

For more information about Community Outreach - Sandy and links to these businesses' websites just visit: <http://personalmasterymartialarts.tumblr.com/ourcommunitypartners>

Support Community Outreach - Sandy and get details about upcoming free events at: <http://www.facebook.com/CommunityOutreachSandy>