



2025
2026

A Series of Six One-Hour Webinars for Independent School Parents & Caregivers

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School Leaders:

The ISACS Parent Series has become a cornerstone program for independent schools, designed to strengthen school-home partnerships. This year, ISACS is proud to offer another outstanding series of six one-hour webinars tailored for parents at every stage of their children's development.

Parents & Caregivers:

Join fellow independent school parents for six evening webinars led by renowned experts, offering guidance and support across all aspects of your child's development. We look forward to learning alongside you!

6:30–7:30 p.m. CT / 7:30–8:30 p.m. ET

THURSDAY, SEPTEMBER 25, 2025

School Skills: Setting Kids Up for Success

Lisa Damour, Author & Ask Lisa Podcast

TUESDAY, OCTOBER 28, 2025

How the Great Rewiring of Childhood Impacted Everything + What We Can Do About It

Jonathan Haidt, Author & Social Psychologist

TUESDAY, JANUARY 13, 2026

Elevating Discipline with the Brain in Mind

Tina Payne Bryson, Author, Speaker & Pediatric Psychotherapist

TUESDAY, FEBRUARY 10, 2026

10 to 25: The Science of Motivating Young People

David Yeager, University of Texas at Austin, Psychologist & Author

WEDNESDAY, APRIL 15, 2026

Happier Parenting: Evidence-based Strategies for Improving Parent Happiness

Laurie Santos, Yale University

WEDNESDAY, MAY 6, 2026

Conscious Parenting: Raising Resilient, Self-aware & Connected Children

Dr. Shefali Tsabary, Clinical Psychologist & Author

Webinars will be recorded and made available to school communities. Dates vary, please check listings.

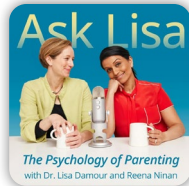
webinars

Thursday, September 25, 2025

6:30–7:30 p.m. CT
7:30–8:30 p.m. ET

School Skills: Setting Kids Up for Success

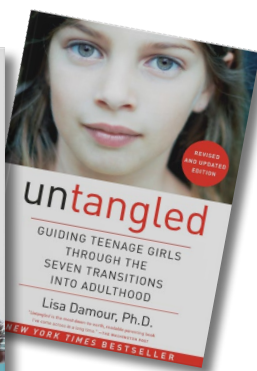
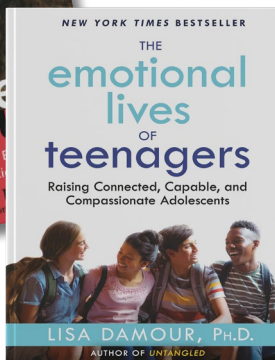
Please join us for a talk in which Dr. Lisa Damour will address how to help children and teenagers manage uncomfortable emotions, adapt to new challenges, and cope with stress effectively. She also will cover when it's time to worry about how a child or teen is doing at school and, under those circumstances, what to do. All are welcome.



Presenter: Lisa Damour, PhD is the author of three *The New York Times* best-sellers: *Untangled*, *Under Pressure*, and *The Emotional Lives of Teenagers*, which have been translated into 23 languages.

She co-hosts the *Ask Lisa* podcast, works in collaboration with UNICEF, and is recognized as a thought leader by the American Psychological Association. Damour authored the monthly *Adolescence* column for *The New York Times*, is a regular contributor to *CBS News*, and created *Untangling 10to20*, a digital library of premium content to support teens and those who care for them. She maintains a clinical practice and speaks around the world on the topics of child and adolescent development, family mental health, and adult well-being. Damour also works with industry leaders on topics related to adolescent mental health and was a consultant to Pixar on the film *Inside Out 2*.

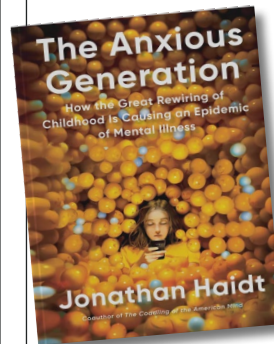
The recording for this webinar will be available until **December 31, 2025**.



Tuesday, October 28, 2025

6:30–7:30 p.m. CT
7:30–8:30 p.m. ET

How the Great Rewiring of Childhood Impacted Everything + What We Can Do About It



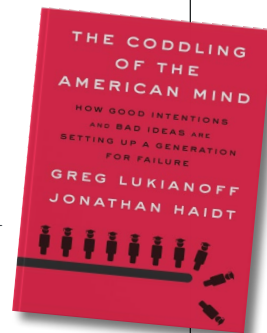
Jonathan Haidt wrote *The Anxious Generation* with a firm belief that the challenges confronting our children and our families are solvable. However, addressing these challenges requires understanding the traps we have fallen into, so we can see the escape routes.

The main escape routes are four new norms: delay smartphones until high school, delay social media until 16, phone-free schools, and more independence and play in the real world. Haidt will share the research that underpins the book and leave parents with inspiration and concrete plans to facilitate change in their families and communities. All are welcome.

Presenter: Jonathan Haidt, PhD is a social psychologist at New York University's Stern School of Business. He received his PhD from the University of Pennsylvania and taught for 16 years at the University of



Virginia. In his most recent book, *The Anxious Generation*, he brings to light the “great rewiring of childhood” in which play-based childhood has been replaced by phone-based childhood. Haidt continues to push reforms to put an end to the youth mental health crisis through his public health campaign, The Anxious Generation. Haidt also is the author of *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*, and of *The New York Times* best-sellers *The Righteous Mind: Why Good People are Divided by Politics and Religion*, and *The Coddling of the American Mind* (co-authored with Greg Lukianoff). He was chosen by *Prospect* magazine as one of the world’s “Top 50 Thinkers.”



The recording for this webinar will be available until **December 31, 2025**.

Tuesday, January 13, 2026

6:30–7:30 p.m. CT
7:30–8:30 p.m. ET

Elevating Discipline with the Brain in Mind

Join Dr. Tina Payne Bryson as she shares transformative ideas that can serve as a go-to guide for parents and caregivers. With candid stories, compassion, and humor, Bryson will address the challenges we see in everyday parenting and help us approach them from a brain-based lens. She will revisit the true meaning of the word discipline—to teach so that kids learn essential skills—and show caregivers how “chasing the why” behind behaviors and combining nurture with structure can help us shift behaviors, strengthen relationships, and improve discipline. All are welcome.



Presenter: Tina Payne Bryson, PhD is the *New York Times* best-selling author of *The Whole-Brain Child* and *No-Drama Discipline*, which are both co-authored with Dan Siegel. She and Siegel also wrote *The Yes Brain* and *The Power of Showing Up*, and Bryson is the author of *The Bottom Line for Baby*. Her new book, co-authored with Georgie Wisen-Vincent, is *The Way of Play*. Bryson is the founder and executive director of

The Center for Connection. She speaks to parents, educators, and clinicians all over the world. She also consults with schools, businesses, and other organizations, including the Nike Sport Research Lab, where she is project director for Mental and Emotional Performance. Bryson earned her PhD from the University of Southern California, where her research explored attachment science, childrearing theory, and the emerging field of interpersonal neurobiology.

The recording for this webinar will be available until June 30, 2026.

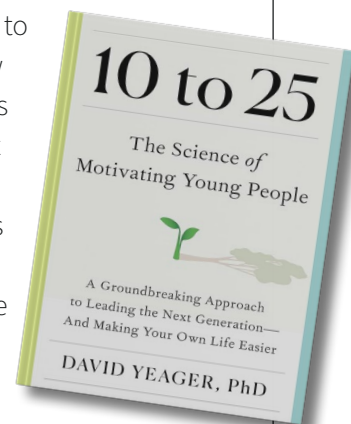


Tuesday, February 10, 2026

6:30–7:30 p.m. CT
7:30–8:30 p.m. ET

10 to 25: The Science of Motivating Young People

Young people have an innate need to be respected and admired. But few parents understand how to harness it. David Yeager can help. An expert on the psychology of grit and persistence, Yeager has spent years researching how to motivate and equip young people for success. He can show us why our conventional methods of communicating with young people aged 10 to 25 tend to leave everyone frustrated, and he can teach us a better way of ensuring the younger generation feels inspired, enthusiastic, and empowered to do their best work. Learn how to adopt what he calls the “mentor mindset,” a leadership style that taps into young people’s desire for respect. He offers highly effective and surprisingly easy-to-learn practices: like being transparent about your goals rather than expecting your children to read your mind or holding them to high standards rather than coddling them. This is crucial for anyone who wants to be a more effective parent.



Presenter: David Yeager, PhD is a professor of psychology at the University of Texas at Austin and the co-founder of the Texas Behavioral Science and Policy Institute. He is best known for his research on powerful

interventions that influence adolescent behaviors such as motivation, engagement, healthy eating, bullying, stress, mental health, and more. He is the author of the bestselling book *10 to 25: The Science of Motivating Young People: A Groundbreaking Approach to Leading the Next Generation—and Making Your Own Life Easier*. His research has been featured in *The New York Times*, *The Wall Street Journal*, *Scientific American*, *CNN*, *Fox News*, and more. Clarivate Web of Science ranks Yeager as one of the top 0.1% most-influential psychologists in the world over the past decade. Prior to his career as a scientist, he was a middle school teacher and a basketball coach. He earned his PhD and MA at Stanford University and his BA and MEd at the University of Notre Dame.

The recording for this webinar will be available until March 11, 2026.

Wednesday, April 15, 2026

6:30–7:30 p.m. CT
7:30–8:30 p.m. ET

Happier Parenting: Evidence-based Strategies for Improving Parent Happiness



Feeling overwhelmed by the unique challenges of modern parenting? Join Professor Laurie Santos of Yale University to learn science-backed strategies for happier parenting. We will tackle topics like rethinking

time management, dealing with tough feelings like guilt and frustration, navigating your child's academic stress and screen time, and how to avoid the trap of overparenting. We also will see why parents need to prioritize their own well-being, not just to help themselves but to create a happier, healthier family life. This session is for parents of children of all ages with a special focus on middle-grade to teen years.



Presenter: Laurie Santos, PhD is the Chandrika and Ranjan Tandon Professor of Psychology at Yale University and host of *The Happiness Lab* podcast. Santos is an expert on the science of happiness.

Her Yale course, Psychology and the Good Life, teaches students how the science of psychology can provide important hints about how to make wiser choices and live a life that's happier and more fulfilling. Her course recently became Yale's most popular course in over 300 years, with almost one of four students at Yale enrolled. Her course has been featured in *The New York Times*, *NBC Nightly News*, *The Today Show*, *GQ Magazine*, *Slate* and *O! Magazine*. A winner of numerous awards both for her science and teaching, she was recently voted as one of *Popular Science Magazine*'s "Brilliant 10" young minds and was named in *Time Magazine* as a "Leading Campus Celebrity." Her podcast, *The Happiness Lab*, has over 100 million downloads.

The recording for this webinar will be available until June 30, 2026.

Wednesday, May 6, 2026

6:30–7:30 p.m. CT
7:30–8:30 p.m. ET

Conscious Parenting: Raising Resilient, Self-aware & Connected Children

Dr. Shefali will introduce the principles of conscious parenting—a revolutionary approach that shifts the traditional paradigm from control to connection. Participants will explore how their own conditioning and emotional patterns influence their parenting style, and how self-awareness is the key to raising emotionally healthy and resilient children. With practical tools and heartfelt wisdom, Dr. Shefali will guide parents to move beyond reactivity and into deeper, more authentic relationships with their children. Parents will leave feeling empowered to foster mindfulness, empathy, and independence in their homes. There will be a special focus for parents of children ages 5–18.



Presenter: Shefali Tsabary, PhD

(known as Dr. Shefali) received her doctorate in clinical psychology from Columbia University. Specializing in the integration of Western psychology and Eastern philosophy, she brings

together the best of both worlds. She is an expert in family dynamics and personal development, and has written seven books, three of which are *The New York Times* best-sellers, including: *The Conscious Parent*, *A Radical Awakening* and *The Parenting Map*. She has been hailed by Oprah as "revolutionary" and the "best child expert" she has interviewed in her career. With over 2.5 million followers across her social media platforms and appearances on podcasts and forums, from Oprah's networks, Tedx, Masters of Scale, Dalai Lama Center, Kellogg Business School, Wisdom 2.0, to innumerable conferences all over the world, Dr. Shefali's message has transformed millions of lives. She also hosts the top-ranking podcast *Parenting & You*.

The recording for this webinar will be available until June 30, 2026.



more details

Thanks for registering!

Zoom Pre-registration

Prior to each webinar, ISACS will send reminder emails to the school's contact person with details including the Zoom pre-registration link for that webinar to be shared with the school's parent community.

All parents, caregivers, or other members of the school community (faculty, administrators, etc.) who plan to attend the live presentation must complete an individual Zoom pre-registration prior to EACH webinar.

Recording Access & Availability

Webinars will be recorded and available until the following dates.

Webinars on September 25 & October 28, 2025:

Recordings available until December 31, 2025.

Webinar on February 10, 2026:

Recording available until March 11, 2026.

Webinars on January 13, April 15 & May 6, 2026:

Recordings available until June 30, 2026.

Questions?

Contact programinfo@isacs.org.

Learn more at isacs.org/parentseries