



*Sara Resorts Management Sdn Bhd (SRMSB) presents:*

# Effective Parenting In The 21<sup>st</sup> Century – A Challenge For Asian Parents

**Ruth Welling**

This is an interactive presentation where Ruth Welling brings alive to you the challenges, joys, values, insight into the modern age of the 21<sup>st</sup> Century parenting. Ruth brings with her personal experiences as a mother of 2 children, a teenage daughter and a matured aged son as well as her academic background as a nurse, health administrator and a master student of health sciences.

Ruth Welling has traveled extensively throughout Australia for the past 14 years presenting and giving talks to the public on various health and social related topics such as; parenting talk to single mothers and the migrant community in Australia.

Ruth has also given interviews and comments on a range of topics such as; aged care, multiculturalism and the needs of migrants and low socio economic groups on national and local tv and newspapers in Australia and her current hometown of Melbourne.

In this topic of Effective Parenting in the 21<sup>st</sup> Century, Ruth Welling asks the questions where does parenting begins and ends, how do we deal with changing family dynamics and family values, how important is social values to our personal values, how to talk and listen to your 21<sup>st</sup> century children. When does parents' authority override the children's needs to be independent and respected? Ruth Welling also challenges parents with the question, 'whose lives are we living for?' Be ready for a healthy discussion and some group participation.

## About the presenter:



Ruth Welling was born in Kuching, Sarawak, Malaysia and has lived in Australia for the past 30 years. She completed her high school in Sydney before proceeding to obtain her general nursing qualifications at the Concord Hospital and later a Bachelor of Health Administration at the University of New South Wales. In her 25 years of nursing career, Ruth Welling has been involved with aged, community, maternity, medical and surgical nursing as well as public health.

She was recently awarded a full scholarship by the Australian government and the Australian Royal College of Nursing to undertake her Master Degree in Health Science. Ruth Welling is also an author; in 1997, she wrote and published a clinical nursing manual and a comprehensive clinical system for patient assessment of the Australian aged and community sector. Currently, she is the Managing Director of AdventCare, an of aged and community services group located in Victoria, Australia. In her free time, she is a volunteer with the Loddon Campaspe Multicultural Services where she acts as the Executive Director. Her primary role is to promote public and personal health among refugee families and parents. In all that, Ruth's greatest and most fulfilling role is being a mother to Rachael, aged 13 and a step mother to Grant aged 33.

## Tickets can be purchased at :

- Sara Resorts Sdn Bhd, 9th Floor Menara SEDC (during office hours)
- Damai Beach Resort Sales Office, 1st Floor Unit R110 Sarawak Plaza Shopping Complex (during office hours)
- Sara Urusharta Sdn Bhd, 2nd Floor Unit R207 Sarawak Plaza Shopping Complex (during office hours)

### DATE :

2 October 2009

(7pm-9pm)

### VENUE :

Auditorium, 9th Floor,  
Crown Tower, Jalan  
Pending, Kuching

### INVESTMENT :

RM 30.00 per person

For registration / more  
details please contact:

### **Sara Resorts Management Sdn Bhd**

9th Floor, Menara SEDC,  
Jalan Tunku Abdul Rahman  
93100 Kuching

Tel: 082-414377

Fax: 082-428824

Contact Person:

Brian Mathew / Jorinda Chee /  
Shirley Poh

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[www.sedctourism.com](http://www.sedctourism.com)

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