

1:1 Parenting Coaching

What we are going to work through:

Setting Your Intentions as an Empowered Parent

You will discover how to:

- Ground into your strengths as a parent and a leader
- Create inner and outer resources to move toward more peace of mind
- Turn your intentions into specific actions that move you toward your goal

10 Core Pillars of Transformational Parenting

You will discover:

- The 10 Core Pillars of Transformational Parenting
- The definition, outcomes and strategies of Power-Over parenting
- The definition, outcomes and strategies of Power-Under parenting
- The psychological functions that keep parents stuck in cycles of generational harm and inherited trauma

Making Sense of Attachment Science

You will discover:

- The conditions that lead to secure attachment, and how those with secure attachment relate to themselves and others
- The conditions that lead to the THREE insecure attachment styles (ambivalent, avoidant and disorganized), and how these attachment styles impact self-image, relational capacity and reactivity
- The superpowers of your learned attachment style
- How to create secure attachment within yourself so you can provide it to your children

Making Sense of Nervous System Science

You will discover:

- The core human need of SAFETY as an understanding of human behaviour
- How to be your child's Safe HARBOR by becoming your own Safe ANCHOR
- Polyvagal theory and the vagus nerve: How to track your nervous system thermometer and return to calm
- How to support children through sensory overload through co-regulation

Making Sense of Mindsight and Brain Science

You will discover:

- The neurology of empathy and compassion
- How to use MINDSIGHT to choose curiosity rather than judgment
- The pathways to mindsight, and how to remove obstacles that prevent us from seeing children with a clear perspective
- Developmental pathways in the brain, from birth to age 30
- How to create thoughts that support, ground, and connect you to compassion, intention and peace

Making Sense of Emotional Intelligence

You will discover:

- The definition of emotional intelligence and how to increase your capacity to experience (safely) the full range of your emotions
- The common obstacles to embodied emotional intelligence
- The distinction between feelings, faux feelings, needs, and beliefs
- Access "Permission to FEEL" and model this life-changing skill to children in support of their emotional development and maturation

Empowered Conversations

You will discover:

- Your belief system and residual generational patterns around voice, expression, feelings and needs
- The ten-step framework of empowered conversation
- Common obstacles to empowered communication, and how to resolve them
- The distinction between requests and demands
- Modeling empowered communication to children as a pathway to increased maturity, advocacy and confidence

The PEACE Process

You will discover:

- The five-step PEACE Process
- The shift from Power-Over or -Under dynamics into Power-With
- How to set boundaries, rules and limits that stick... Peacefully!
- How to focus on engagement over expectations
- Your role in teaching children how to keep their agreements, follow through on their commitments, and learn personal responsibility

Anger and Healthy Aggression

You will discover:

- Generational patterns, judgments and beliefs around anger and aggression
- How to move through anger in your body safely, without causing harm to yourself or others
- How to be present to children's aggression, and model healthy expressions of anger
- How to befriend your anger so that it can become your ally in parenting and leadership

Playful Parenting and Storytelling

You will discover:

- How to transform conflict through play, creativity and solutions-oriented relating
- Role-reversal and healing role play
- Healing stories and games for unwanted behaviour, aggression, anger, and anxiety
- Your play-language, and how to introduce them to your child
- The path to more joy, connection and FUN as a parent

Your Personal Transformation

You will explore:

- Where in your mindset have you gained clarity and more awareness?
- How are you able to hold space for your child? How deeply can you listen?
- How compassionate can you be with yourself? When you “regress?” When you “fail,” when you make mistakes and have moments of regret?
- How has your communication style shifted?
- Has your children’s behavior shifted? Is there more peace? Is there more joy? Is there more possibility and play?
- How has your relationship to yourself shifted? Can you look yourself in the eye and breathe deeply with appreciation?