

Group Parent Coaching Course

In this 12-week course you will achieve your own personal parenting transformation; to be an empowered parent using conscious parenting skills. We will meet weekly on zoom. If you can't make it sessions will be recorded. There will be 2 scheduled breaks (at week 7 and Thanksgiving week). There is a 1-2 hour weekly time commitment outside of meeting times. You will have lifetime access to the Jai institute of Parenting 12- week program (see outline below). You must commit to complete the 12-week course.

Meeting Times: Thursdays at 12pm starting September 4. Please suggest another time if 12 pm is not ideal

Week 1: Welcome and Orientation: setting a container, discussing expectations and learning.

Week 2: Setting Your Intentions as an Empowered Parent: Discussing what the clients would like to get from the program.

Week 3: The 10 Pillars of Transformational Parenting: a breakdown of parenting goals.

Week 4: Making Sense of Attachment Science: based on the work of Dr. Daniel Siegal, and others, learning about the different attachment systems, discovering personal attachment style based on their childhood and what attachment style they are in with their children.

Week 5: Making Sense of Nervous System Science: This really helps parent understand what kids are capable developmentally; not just based on their age. And learning sensory calming tools for themselves and their children.

Week 6: Making Sense of Mindsight and Brain Science: Learning to go underneath the behaviors and really unearthing the root cause.

Week 7: Making Sense of Emotional Intelligence: The heart of Empowered Parenting is understanding how our physiology, brain, and emotions work together to create our inner orchestra.

Week 8: Empowered Conversations: Using the work of Non-Violent Communication by Marshall Rosenberg, PhD to help guide how to communicate effectively and make a request.

Week 9: The PEACE Process: Brining it all together and an approach to handles any situation.

Week 10: Exploring Anger and Healthy Aggression: We often learn anger as negative emotion; this lesson helps reframe anger into a messenger. Rather than trying to ignore it or shamed out of it; learning to express it in a healthy way.

Week 11: Playful Parenting and Storytelling: methods to bring playfulness into parenting at any age!

Week 12: Your Personal Transformation: A review of the past 11 weeks and a look into client's personal transformation, goals achieved and steps ahead.

What others are saying:

"I was able to have a really great conversation with Marissa last night about a struggle she was having at school. Thank you again for the tools you gave me."

From a client's daughter (age 7): "Mom, I love you. I was frustrated and scared and you helped me through it. I feel like we really have a bond now. I think your parenting classes helped you. You don't really yell anymore."

A client discussing dealing with anxiety with her child: "I was able to be an anchor and harbor. It's amazing how quickly she was able to verbalize she was having a 'nervous and worried tummy' and then described what the trigger was and why she was so scared. We spoke about how to feel it, breathe and visualize it passing and focusing on what she can control."

"I wanted to thank you for your presence, support, validation and grounding that allowed me to feel safe to go deep into my feelings. I know I have a lot of resistance around it. You were absolutely!! You are absolutely great! You provide a very grounding, calming, safe space and great insights and questions!"

"You have helped me find my way through this unknown world of raising a child. You have helped me realize I create the manual and I already know what's best for my toddler. Even my husband noticed a difference! I'm glad I was able to connect with you and take this course as it has given me so much valuable information that can be utilized everywhere and every day."