



The Empowered Parent Course

HOW I HELP PARENTS

I've learnt a lot on my journey (most of it the long and hard way) and I want to save you the time, energy and heart ache that it took for me to get to a point where I felt like I really knew what I was doing and I could do it calmly, confidently and with more joy!

Parenting is an adventure, and just like all adventures it comes with a variety of challenges as well as rewards and gifts.

It's normal to feel confused about all the choices, overwhelmed by all the conflicting advice, frustrated by the constant power struggles, paralyzed by niggling self doubt and guilty about, well pretty much everything!

It may be normal, but it doesn't have to be this way.

You deserve to have more fun, joy and confidence during these toddler years rather than wishing them away or spending time comparing yourself with other families and constantly second guessing yourself.

And your child deserves to have parents who radiate inner calm and can lead them with the love, kindness and respect they deserve.



This course is for parents of young children (aged 1-8yrs) who want to **transform** their parenting journey....

From frustration, confusion and overwhelm....into **calmness, clarity and confidence...**

So they can enjoy raising **well rounded, resilient children** who are free to grow into their most **authentic selves** and express **their fullest potential in the world**

Without all the struggle, guilt and niggling self doubt.

Qualifications

Diploma in Clinical Hypnotherapy, Psychotherapy and Counselling

HypnoBirthing Practitioner

BabyCalm & ToddlerCalm Teacher

Doula (Trained with DONA)

NLP Practitioner & Coach

Advanced Theta Healing

Mother of two (one autistic)



OUTCOMES

This is what you will feel or be able to do by the end of the course

- Be more calm, patient and loving, more of the time.
- Avoid power struggles and reduce stressful tantrums.
- Master positive parenting strategies and emotional coaching techniques.
- Find the balance between authoritarian and permissive parenting.
- Be able to set and hold firm and loving boundaries, more consistently.
- Enjoy calmer and more peaceful mealtimes and bedtimes.
- Respond to unwanted behaviours with more compassion and understanding.
- Feel informed, empowered and confident in your parenting decisions.
- Help your child cooperate without yelling, bribes, threats or punishment.
- Handle your child's big feelings & meltdowns without being overwhelmed yourself.
- Recognize and heal your own triggers so you feel more naturally peaceful.
- Be able to calm yourself when you get angry so that you can handle things better with your child.
- Parent with your longterm goals for your relationship with your child in mind.
- Be on the same page as your partner.
- Become more of the parent that you want to be, more of the time.



TOPICS

Here are some of the topics covered
during the course

- Creating your parenting legacy together
- Up-leveling your self love and compassion
- Understanding the neuroscience of the toddler mind
- The biology of self and co regulation
- Transforming your triggers and healing your inner child so you are less reactive
- Deepening your connection with your child
- Being your child's emotional coach & laying the foundations for emotional intelligence
- Responding to tantrums and meltdowns with patience & compassion.
- Play therapy & Sleep hypnosis for kids
- The limitations of generic praise, rewards and punishments
- How to 'discipline' positively, gently and effectively.
- Setting loving limits and using natural consequences.
- Pro active strategies and maintenance.
- Engaging collaboration through connection.
- Empowering your children with coaching & problem solving
- Building self esteem, resilience and self mastery for life



WHAT'S INSIDE THE COURSE?

Here's what you receive when you buy this course.

- Life long access to 12 topics that cover the YOU-A.C.E Framework that you can then apply to any parenting situation
- Short, easily digestible 10-20 min training videos covering all 12 topics to complete in your own time and at your own convenience.
- Simple, doable weekly actions that you can take to start to integrate the learnings and strategies into your daily life
- Mindfulness practices and hypnosis meditations to create more calm in your body and rewire the neural pathways in your mind to speed up the changes in your daily interactions with your child.
- A whole tool kit with plenty of calming tools to help you destress and reset your nervous system when things get overwhelming to to take each day in your home.
- Journalling prompts to help you go deeper on each topic and integrate the knowledge and tools even further.
- PLUS bonus videos from experts on: Nutrition/Picky eating, Sleep Issues, Play and Creating Conscious Connection with your child.

YOU GET ALL THIS FOR JUST £97!!!