



# Life Changing Coaching

Prevention, Intervention, Mediation and Coaching

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## **Parenting the Rising Generation**

### 8 Weeks to Navigating the Parent/Child Relationship

Parenting has never been harder. There are so many voices telling you what should be. Your time is limited and your patience can run thin. Take a break and learn a few skills before it's too late.

- **The Maze of Darkness**  
Learn how to determine when your stuff is getting in the way of a healthy, happy home-life.
- **Empathetic Communication**  
Leave the drama out of it. Learn to communicate in a way your child feels heard. Learn the 5 empathetic communication skills.
- **Empathetic Communication Workshop**  
Practice the 5 empathetic communication skills.
- **The Growing Brain and the Phases of Discipline**  
Learn the 6 phases of discipline based on Ericson's model of growth and needs.
- **The Divine Nature**  
Learn what the prophets have said about your child's divine nature and dispel the prevailing lies.
- **Navigating Personality Differences**  
Discover how the lenses that you see life through is different from those around you and learn to navigate important relationships.
- **The Power of Scripts**  
When you are in the middle of it all, it is hard to stay calm. Learn scripts that keep you calm when stakes are high.
- **Taming our Tigers**  
Identify your children's gifts and talents and how to tame them.

Call today to join an online class or get individual family coaching.

Classes are available on demand \$35 a couple per class session. There are 8 sessions.

Individual family coaching is \$45 an hour.