

PARENTING & RELATING WITH PURPOSE & CONNECTION

A developmental program for parents wanting to dance with the uncertainty of parenting, to live and relate from a place of inner-strength and authentic self expression.

FOR YOU

A program design that honours to support both your busy schedule and desire for personal development

Complimentary personal 22-page Enneagram Self-Discovery Profile

\$50 AUD credit for any future Parents Leading Program

Experiential practices and resources to integrate your learnings

Downloadable workbook and personal journal

Complimentary intention and values toolkit

A safe and non-judgemental environment for you to discover your authentic self-expression

Option to include a 1:1 coaching program at a special participant rate



WHAT YOU WILL GAIN

This program is all about accessing your authentic self-expression and potential as a parent by deepening self-awareness, thereby giving yourself the power to live and relate with purpose and connection. You will grow and thrive in parenting, career and relationships by learning to develop:

- A deeper sense of self-awareness of what drives and limits your potential
- Connection with your inner-strength when fear and anxiety seek to overwhelm you
- More resourceful ways of engaging when responding to challenges and triggers
- Healthier responsibility to honouring your boundaries and needs to prioritise self-care
- Greater emotional awareness and the ability to self-regulate
- The capacity to harness conflict positively in relating and communicating
- An understanding of how to let go of control and dance with uncertainty

PARENTS LEADING



ABOUT YOU

You are navigating one of life's most meaningful and complex journeys - raising your child. This along with navigating parenting, career and relationships is what brings you to your developmental edge. It challenges and grows you beyond anything you've imagined.

These days, the contexts in which we raise a family are incredibly diverse. We live in a fast-paced world with competing demands and uncertainty, where the pressure to live up to our own expectations as a parent, let alone those of others, can feel overwhelming

As parents, our way of being is the learning model by which our children formulate their sense of self, how they relate with others and the world. That's why consciously developing your child's humanity starts with you. By deepening your own self-awareness and connecting with your inner-strength and authentic self-expression, you gift yourself and your child more resourceful ways of being that grow sustainable confidence, and intrinsic self-worth.

'Parenting & Relating With Purpose & Connection' is a program designed to ground and guide you with compassion to discover your power within, to access your greatest potential as a parent and human being.

WHAT TO EXPECT

'Parenting & Relating With Purpose & Connection' is designed to accommodate your busy schedule, with 8 modules, each 75-minutes in duration, delivered live online over 8 Weeks. Each module includes interactive group-based exploration and inquiry, with online resources and experiential practices provided between modules for ongoing integration of learnings.

Program content uses evidence-based adult development frameworks including the Enneagram, Neuro-linguistic Programming, Mindfulness and Developmental Coaching.

The Enneagram - a map of human nature, and deep self-awareness tool provides a foundational framework. **Each participant receives a personal detailed 22-page Enneagram Self-Discovery Report to accelerate their awareness and connection with self.**

Live online delivery supports explorative and experiential learning, where participants discover themselves and create new connections in a safe and confidential space.

PARENTS LEADING

PROGRAM OUTLINE

MODULE 1:

Connecting With Our Sense
of Self

MODULE 2:

Breaking Through Drivers of
Anxiety and Overwhelm

MODULE 3:

Revealing Blind-spots to
Engage Our True Strengths

MODULE 4:

Accessing Our Power to
Embrace Healthy
Responsibility

MODULE 5:

Honouring Our Needs &
Boundaries

MODULE 6:

Leaning into Emotional
Discomfort

MODULE 7:

Relating Through Conflict

MODULE 8:

Learning to Dance With
Uncertainty



WHEN

Australia: 7.30pm-8.45pm AEST

UK: 9.30am-10.45am (modules 1, 2)
8.30am - 9.45am (modules 3-8)

Module 1: Sunday 11 October

Module 2: Sunday 18 October

Module 3: Sunday 25 October

Module 4: Sunday 1 November

Module 5: Sunday 8 November

Module 6: Sunday 15 November

Module 7: Sunday 22 November

Module 8: Sunday 29 November

WHERE

Interactive live online

PROGRAM INVESTMENT

\$299 AUD / 165 GBP (Book before 10 September)

\$359 AUD / 200 GBP (Book after 10 September)

Registrations close 30 September

REGISTER HERE

<https://www.redleafstudio.com.au/book-online>

PARENTS LEADING

ABOUT YOUR FACILITATOR



ANNE COTTERELL

Anne is a developmental coach and facilitator who is passionate about supporting parents who are ready to step into their fullest potential and live and relate with purpose. Having created her own personal journey as a parent, executive leader and entrepreneur she is well aware of what it means to dance with the uncertainty and ongoing change that comes with navigating parenting career and relationships. Anne is dedicated to supporting parents on their journey.

FREQUENTLY ASKED QUESTIONS

What can I do if I miss a module?

The plenary and group discussion will be recorded and made available to participants after each module

How do I access the online resources and practices?

Once registered, you will be provided with introductory online resources. After the completion of each module you will be provided with a link to access online resources and practices relevant to that session

Can I include personal coaching in this program?

Yes a participant 1:1 coaching package is provided at a special rate of \$900 AUD which is four 60-minute 1:1 coaching sessions for the price of three.

Are there future follow-on programs?

Yes, our next program is called 'Relating Through Differences' and focuses on developing your capacity to foster meaningful relationships in your parenting, career and life.

Do my children need to be a particular age for me to attend this program?

The age of your children is not relevant. This program is focused on nurturing and supporting your development, so you can grow and thrive with your children regardless of their age

CONTACT

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