

PARENTS LEADING Program

Confidence

Renewed confidence to back yourself, your choices and actions



Developing parents as leaders in family and
career

WHY

Now more than ever, we are raising our children in a rapidly changing world with new and many challenges. This along with our busy lives and competing tensions is hampering our ability to develop the emotional, social and mindset resilience our children need to thrive.

Many parents are feeling fatigued, trying to survive this new normal.

We've been working with parents wanting to move from just surviving to thriving and the results have been fantastic. Parents willing to understand themselves are finding more resourceful ways of parenting, giving them back time and energy, whilst developing resilience in their children. Parents have moved from just surviving to thriving and their children are thriving too.



WHAT YOU WILL GAIN

The Parents Leading Program supports you to parent with presence, awareness and confidence. You will learn to navigate parenting challenges resourcefully and be the role-model that grows resilient, thriving kids. Our practical proven tools and 8-step process will empower you step by step to turn parenting challenges into opportunities that have you and your child thriving.

- 8 week program
- Weekly 90-minute interactive workshops
- Personal development profile
- Toolkit of proven practices and resources
- Workbook
- Personal journal
- Supportive learning community

PROGRAM OUTCOMES

Create Your Map For Change.

Clarity on where you are now and where you want to be

Clarity On What's Keeping You Stuck.

Uncover the big assumptions that keep you stuck

Reclaim Your Personal Parenting Power.

Establish healthy boundaries to create more time and choice

Understand Your Sense Of Self.

Learn how your personality influences your parenting style

Access Your Strengths To Parent Resourcefully.

Uncover blind-spots and move from reactive to resourceful parenting

Relate With Emotional Awareness.

Access emotional awareness and resilience under pressure

Manage Conflict Positively

Strengthen relationships and have courageous conversations with confidence

Build A Resilient Mindset.

Manage anxiety to engage a calm and resilient mindset in uncertainty



ABOUT YOUR FACILITATOR



ANNE COTTERELL

Anne is a Developmental Coach and Founder of the Parents Leading Program. She is passionate about supporting parents to be role models that grow resilient, thriving kids. Having created her own personal journey as a parent, executive leader and entrepreneur she is well aware of what it means to navigate competing family - work demands and the undeniable importance of parental role-modelling in growing resilient kids.



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**Moving parents from just surviving to thriving
in career, family and relationships**