

# session topics: parents

## ***What To Do When Kids Hit***

A Blueprint for Parents & Caregivers

## ***The Exhausted Parent's Guide To Discipline***

- Discipline VS Punishment
- Passive Parenting VS Mindful Parenting
- What's Your 1-4 Parenting Style?
- Time In VS Time Out

## ***How To Help Kids Cooperate At Home***

Verbal & Visual Transitions & Appropriate Chores

## ***Peace At Home: Routines & Rules***

Rules, Routines, & Non-Violent Communication

## ***Anxiety/Tantrum Help***

Why They Happen & How to Prevent Them

## ***Bedtime Routine Help***

Make a Routine Easily without Facing Resistance

## ***How To Build A Confident Child In Today's World***

Poker Chips & The 6 P's

## ***How To Correct Inappropriate Behavior For Good***

Social Stories to The Rescue & How to Make Them Your Own

## ***Social Emotional Learning: The No-Yelling Solution***

Learn to Easily Label Emotions & Why It's Important

# example topics: kids

*Kids Mindfulness & Social Emotional Learning (30-min)*

*Kids Mindfulness: Focused on Anger, Hitting, & Alternatives (30-min)*

*Kids Mindfulness: Focused on Distractions & Patience (30-min)*

*Kids Mindfulness & Art Therapy Workshop (60-min)*

# session topics: adults

## ***The 5-Min Miracle Morning Routine to Avoid Burnout***

- Knowing your WHY
- Routine Building Blocks
- Starting today
- Burn Out Formula
- The 5-Second Rule

## ***How to Change Bad Habits for Good***

- Micro habits how to
- Confidence Formula
- Boundaries = doors
- Behavioral Activation
- The Well
- Wise Mind

## ***How to Overcome Anxiety in 2-Steps***

- 50/50 Technique
- Social Emotional Learning
- Mindset Goals 101

## ***No More Pain: Easy Physical Therapy for Posture Alignment (w/ Yoga & Relaxation)***

- Lymphatic Drainage
- Posture Alignment
- Yoga & Pilates
- Relaxation (How to Find Calm “Meditation”)

# session topics: PD

*Mindfulness Tools for You & Your Class*

*How to Motivate Any Child: The 6 P's of Motivation 2.0 (Updated 2023)*

*The Types of Play Necessary for Learning*

*Incorporating SEL in The Classroom*

*Vacation Station 101*

*Classroom Management*