

Parent Champion Curriculum

This is a deep and profound learning experience that has the capacity to transform your life, it just needs you to commit to it.

Module 1 - This is where the magic begins

This Module introduces you to our unique personal development program, it uses a powerful combination of mindfulness, coaching and emotional literacy techniques, underpinned by neuroscience, to connect participants with their innate abilities and wisdom. The learning outcomes are:

- To begin your journey of personal empowerment.
- To identify how your successes highlight your potential.
- To develop a more positive attitude towards yourself and others.

Module 2 - Take control of your thoughts

In this Module we look at how our thoughts affect our feelings, emotions and behaviours, these then become our reality. We do have free will and can change our thought to create a different reality - one that empowers us. We only need to change our thought! The learning outcomes are:

- To understand how your thoughts affect your feelings, emotions and behaviour.
- To create your own reality by changing your thought with a snap of your fingers.

Module 3 – Communicating with your child/teen

In this Module we explore the different levels of listening and how valuable it is to understand the different levels. Also the importance of your frame of mind when you are asking questions, a vital part of being a good coach. The learning outcomes are:

- To appreciate the level of listening instinctively or intuitively.
- To explore the different levels that people listen and the value of your questioning.

Module 4 - From communication to connection

This Module takes you to the core of our unique approach in personal development, your awareness of energy and the impact it has on your life and everyone around you, particularly sensitive children. The learning outcomes are:

- To understand how neuroplasticity affects the brain and positive experiences affect the heart.
- To identify what level of listening is beyond 'Active' listening.
- To help you to connect more deeply with those in your sphere of influence and their energy.

Module 5 - Creating 'me' time

This Module will help you look at all the important aspects in your life and help you identify your priorities and provide the tools and techniques to make the changes you want most. The learning outcomes are:

- To start changing your current limiting habits.
- To start creating new empowering ways to live.

Module 6 – Taking action now

This Module you in one of the most challenging aspects of making a change in your life is stepping out of your comfort zone. To help make this step we use a S.M.A.R.T goal it must contain all of the S.M.A.R.T elements to make them valuable and enable you to make progress and achieve. The learning outcomes are:

- To define what steps you need to take in order to step outside your comfort zone
- To understand the importance of the Law of Attraction in goal setting.

Module 7 - A coaching approach

This Module introduces a coaching approach - in its simplest form it's creating self awareness, intuitive questions, deep listening and taking responsibility. The learning outcomes are:

- To understand the coaching approach and how an energetic connection fits into the process.
- To understand the GROW model, how to embed it in your conversations to empower you.

Module 8 - Honouring your values

In this Module you will be reviewing the whole course and it's impact on your beliefs and values. Also creating a Sustainability Strategy to ensure you can apply all your learning into your life easily. The learning outcomes are:

- To discover what you really value in your life.
- To embed a different way forward for you as a parent and as an individual.

If you've got this far you're obviously serious and I want to put your mind at rest. This is no ordinary mass produced computerised online course with games to try and keep you interested.

This is a personal life changing opportunity and we want you to get the maximum from it.