

# 10 module overview

1

## ***Being a parent***

- We are doing the best we can
- Beginners' mind and constancy of presence
- Focussing on the magic of our children
- Validating ourselves as parents

2

## ***Welcoming our emotions***

- Emotions are messengers
- No good nor bad emotions - they just are
- Our emotions in our body: sensations and thoughts
- Being kind to ourselves

3

## ***The power of language***

- The effect of labelling
- Focusing on the behaviour and not the person
- Describing what we want
- Praise vs encouragement

4

## ***Needs and wants***

- Needs underlying behaviours
- Who is the most affected?
- Difference between needs and wants
- We are more than the roles we play in life
- Nurture ourselves from within

5

## ***Supporting children to be self-reliant***

- Basic criteria for being an effective helper
- Develop basic listening skills
- Awareness of non-verbal communication

6

## ***Active Listening Introduction***

- Simple acknowledgements
- Door openers
- open-ended questions
- What could get in the way
- Feedback model

7

## ***Reflective Listening - Part 1***

- Reflective Listening: introduction
- Mirroring content and emotions
- Peeling the onion - exploration

8

## ***Reflective Listening - Part 2***

- Reflective Listening to oneself
- Trusting the speaker to find their own solution
- Allowing the speaker feel their emotion
- When not to use it

9

## ***Challenging***

- Problem ownership revisited
- 5 step model to challenge unacceptable behaviours
- Finding a solution through consensus and negotiation
- Say "no" in a gentle and firm way

10

## ***Communicating our Truths and Feelings***

- Developing a vocabulary of feelings
- Connection between feelings, sensations and thoughts
- Acceptable ways to express our feelings
- Truth and Lies

11

## ***The Journey continues***

- Our life continues to unfold as a human being and as a parent