



conscious parenting - 12 weeks of learning and empowerment

WEEK 1

Welcome and Orientation: This first week is about helping you settle in and prepare for the journey ahead as you become an Empowered Parent through the 12-Week Transformative Parenting Process designed by the Jai Institute for Parenting. During this session, you will begin to gain clarity on your intentions and what to expect in the next eleven weeks of the program.

WEEK 2

Setting Your Intentions as an Empowered Parent In Week 2, we will explore more about what to expect during the remainder of the 12-week process. We will also learn techniques on how to support yourself through stress and strengths as a parent. Here we define the tools that will assist you throughout your entire process.

WEEK 3

The 10 Pillars of Transformative Parenting Week 3 will explore the 10 Pillars of Transformative Parenting, through the Head, Hands, and Heart. We will delve into family values and how to use them as our parenting guide.

WEEK 4

Understanding the Science of Attachment: Week 4 will lead us to explore generational patterns of connection, intimacy, and relational security. How we raise ourselves and our children is an inheritance passed down from generation to generation. This week, you will identify those patterns we wish to discontinue and commit to moving towards different forms of parenting and attachment.

WEEK 5

Understanding the Science of the Nervous System: The physiology of parenting is the most advanced point for understanding our internal world as parents and the internal world of our children. With understanding comes calmness. With information comes internal security. This week, we will learn the ins and outs of our nervous system to support the development of our children's nervous system.

WEEK 6

Understanding Mental Vision and Brain Science Empowered Parenting: includes a deep understanding of the power of the mind. This week, we will delve into mindset and how our thoughts expand, root, and connect you with yourself and compassion. We will explore the neurology of empathy and compassion and how parents are literally the brain sculptors of their children.



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WEEK 7

Understanding Emotional Intelligence: The heart of Empowered Parenting is understanding how our physiology, brain, and emotions work together to create our internal orchestra. Understanding emotional intelligence provides both the parent and the child with internal and external freedom to live whole, full, and exuberant lives together. We delve into how we can support the emotional development of our children and give them "Permission to FEEL."

WEEK 8

Empowered Conversations: We have laid the groundwork of the head, heart, and hands of Empowered Parenting. Now, we move towards the voice. Navigating this new paradigm of connection, relational security, inspiration, and presence practically requires a doctorate in communication. We begin that process here together.

WEEK 9

The PEACE Process: You have reached the essence of Empowered Parenting! Here we combine everything you have learned so far in Jai's PEACE Methodology. We believe that EVERY conflict within a parent/child dynamic, or between siblings, can be resolved with PEACE. With the PEACE process, punishments, artificial consequences, threats, bribes, and excessive rewards can be set aside. We will review and practice the practical and actionable steps you need to thrive through parental disconnection, confusion, and overwhelm.

WEEK 10

Exploring Anger and Healthy Aggression: As we continue our Empowered Parenting process, we must confront every parent's best friend, or rather, worst enemy: anger. Hint: Emotional objectivity does not mean disconnecting from emotion, but rather the ability to feel with healthy detachment and how to practice, and model, anger resolution for your child.

WEEK 11

Parenting - Play and Stories, Your Secret Weapon: Play is every parent's superpower! We will explore your playful inner self, so you can meet your children in theirs, regardless of age, including the twelve languages of play, the four temperaments, and the barriers that keep parents away from playfulness.

WEEK 12

Your Personal Transformation: In our final week, we come together in a spirit of celebration and reflection. We will reflect on the changes you have made by employing the knowledge you have gained through all your hard work in the past 11 weeks. We will reflect on how that has influenced your children's behavior and your relationships with them. Is there more peace? Is there more joy? This week, we take a moment to look back with deep gratitude at the great change that has occurred within your life.

