

## **Empowered Parenting - WORKSHOP PROPOSAL**

Are the parents in your organization, or the parents you serve, struggling with the challenging behavior of their children? Do they often feel stretched to their parenting limits? Are they interested in learning more about what could be happening in the parent/child dynamic to create these challenges? If so, perhaps what I am proposing might have value for your organization and complement your existing programming.

There are physiological responses when a child pushes our buttons that are beyond conscious awareness. Those responses limit our ability to access empowering actions that can address the challenging situation more productively. When we learn to deal with the upset *that is inside us*, there is an opening created that allows us to identify empowering responses to the circumstances *outside of us*.

My workshop, “**Empowered Parenting**,” includes interactive teaching with experiential exercises. This proposal outlines a shorter session as well as a day-long workshop.

### **Option 1: Two-hour workshop**

Participants will learn what happens in the brain when someone pushes their buttons. Through an experiential exercise, they will practice a tool to work through a challenging parenting issue which results in an enhanced sense of personal power and insight into the parent/child dynamic. Participants will identify an inspired action to take to address their challenging parenting issue. Throughout the workshop, there will be opportunities for Q&A and optional individual sharing.

### **Option 2: Six-hour workshop**

Participants will receive a comprehensive overview, with full PPT presentation and handouts, which explains what happens in the brain when someone pushes their buttons. By engaging in several experiential exercises, participants will: 1) understand the origins of internal upset, 2) identify a challenging parenting issue and learn what is happening beyond conscious awareness, 3) resolve the internal upset and experience an enhanced sense of personal power, and 4) identify actions to take to address the challenging parenting issue. Throughout the workshop, there will be opportunities for Q&A and optional individual sharing. Each participant will receive a free, 30-minute consultation after the workshop.

If you envision that either workshop format could be a good fit for your organization, I would be happy to discuss this further. I can be reached at [jillmorgan99@gmail.com](mailto:jillmorgan99@gmail.com) or (520) 271-7071.