

Become mindful of your parental and communication style and your values as a parent.

This program is an opportunity to delve deeply into what parenting represents for you. Become a conscious and mindful parent in your communication and interactions within your family through moments of reflection, exercises, discussions and tools development to facilitate your daily life.

Availability is limited in order to foster discussions between participants and coach. Ideally, both parents sign up but is not obligatory.

Register by email at  
[chantaladetournay@gmail.com](mailto:chantaladetournay@gmail.com)

## Mindful parenting workshops

A series of 6 weekly workshops

Registration is necessary  
TBD 2022-2023  
19h20-21h30  
Limited to 12 persons  
Cost of the series: 200 CH per person.

Session 1: Socio-emotional learning. The five fundamental skills that play a role in the child's wellbeing and how to develop them at home in congruence with school

Session 2: Your parental mission and values. Bring to what a parent represents to your consciousness. Discover what you would most like to transmit to your children.

Session 3: The wheel of life. Are you fully satisfied in the different aspects of your family life? And where could you improve if needed?

Session 4: Your personal and parental star. Explore the values, principles, talents, operational beliefs between the roles as a person and as a parent.

Session 5: Your gaze is your child's mirror. The importance of how your gaze on your child. Becoming conscious of the filters and mechanisms that impedes your objectivity and the impact of your gaze on your child

Session 6: Emotional regulation and communication tools. First help our own emotional regulation as a parent in order to support your child in his. explore different communication tools.