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SIGNATURE PARENTING  
PROGRAMME



*Rewrite Your  
Parenting Blueprint*

LEARN HOW TO STOP REPEATING  
NEGATIVE HABITS AND BE THE CALM,  
CONNECTED PARENT YOU WANT TO BE



**The Positive  
Parent Coach**

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**WE ARE SO GLAD WE DID THIS PROGRAMME. WE'VE LEARNED SO MUCH AND HAVE THE KNOWLEDGE AND TOOLS TO SUPPORT OUR SON AS WELL AS COMMUNICATING EFFECTIVELY BETWEEN OURSELVES**

Luke - Dad of Toddler

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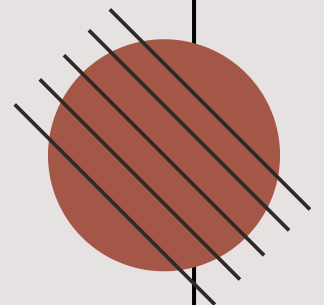
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'Parenting isn't about fixing your child. It's about understanding and adapting your responses to your child's behaviour'

## REWRITE YOUR PARENTING BLUEPRINT

We all have a blueprint for parenting, whether we realise it or not, and typically this is formed during our own early childhoods. It is the system of beliefs we create based on our own experiences and how our parents reacted and responded to us.

This is why even when you want so desperately to respond calmly to your child, and vow to never be like your mother or to repeat the habits of your father, you still end up defaulting back into that role.

But that's where I come in, and that's why I've created this life changing programme to support you and your family to make positive changes.

# PROGRAMME CREATION

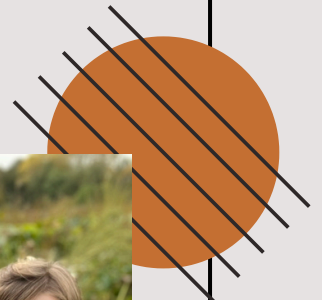
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I wanted to create a programme that considered the main challenges parents experience in modern parenthood, and could explain why those challenges exist. **The truth is it isn't your fault** that you snap at your child when they don't listen to you. It isn't your fault that your child has big emotions and physical tantrums. It isn't your fault that your child argues back, shows defiance and disrespect. **The problem is that parenting today is so different** to even 20 years ago, and we also know so much more now in terms of research on how parent's reactions to their children impact on brain development and the future success of the child.

Being a Mum of 3 myself, and with a background in psychology and child development it was vital to me that I could understand how to parent in a way that:

- Held boundaries and set limits for my children
- Where I could teach them, guide them through challenges and share learning for the future
- Protect and harness their strong characteristics
- All whilst also maintaining a positive relationship with them

I'm hugely grateful and excited to say I have found an approach that does just this, and I'm able to share it with you so you can achieve the same for your family.



# WHAT'S INVOLVED?

**The Rewrite Your Parenting Blueprint Programme is created and coordinated by The Positive Parent Coach®**

- The programme lasts for 8 weeks and contains 8 live content sessions, 4 live Q&A sessions, supportive documents and tasks to guide your learning at home and a supportive and private online group where information, research and results are shared.
- All of the sessions are recorded and can be watched back in the comfort of your own home, as many times as you want.
- The principles taught within this programme are based on over 35 years of science, research and results.
- The whole programme is underpinned by Positive Psychology and Positive Parenting, which offers a strengths based approach focusing on maintaining a good relationship with your child and teaching them new skills to cope in difficult situations.
- The approach I teach is not a punishment or control based approach, but instead draws on strengthening your relationship with your child, teaching and learning to help your child develop their confidence, resilience and emotional intelligence.

- During this programme you will learn realistic and practical tools that you can put into practice straight away with the help and guidance of myself

## “*Testimonial*”

"Olivia explains everything in such an easy to grasp way and backs it all up with scientific evidence and research. She won't judge or belittle you. She will support and accept you. Don't hesitate for a second if you are thinking of working with her!



# PROGRAMME CONTENTS

Each week there will be a different theme (see below) which is taught and discussed. These have been carefully selected to take you from self reflection to how you can use practical strategies in the moment to support your relationship with your child, as well as their development of lifelong skills.

|        |                             |
|--------|-----------------------------|
| Week 1 | The Conscious Parent        |
| Week 2 | Expectations & Boundaries   |
| Week 3 | Connection & Communication  |
| Week 4 | Consequences not Punishment |
| Week 5 | Emotions & The Brain        |
| Week 6 | Need for Power & Attention  |
| Week 7 | Transitions                 |
| Week 8 | Toolbox of Strategies       |

Content will be delivered live via zoom , alongside further written resources and actions to complete at home. This is to enhance your learning and ensure you have understood how to put what you've been taught into practice.

There will also be 4 Q&A sessions where you can submit questions to be answered, and additional resources and discussions are shared to the private group. These provide opportunities to look deeper into how the theory might relate to real life scenarios.

After the 8 weeks you will have all the tools you need to continue on your successful parenting journey feeling calm, confident and connected to your child

# WHO IS THE PROGRAMME FOR?

This programme is for parents who are ready to make positive changes to their behaviour and responses, and to understand practical ways to support their child.

I believe that if you're looking at this you've been drawn to it for a reason and it might be that you fit one or more of the points below...



- You are tired of nagging, asking over and over and eventually shouting in order to get your child to listen to you.
- You're experiencing sibling rivalry, fights, conflict, struggles with sharing and problems around jealousy or parent preference.
- Your child has big emotional responses and goes from 0-100 without warning.
- You feel as though you're treading on eggshells around your child and unsure on how to hold boundaries with them whilst also accommodating their needs.
- You are juggling a lot of responsibilities and time is precious so you want to know how to build a strong relationship with your child on limited time.
- You want to be a more gentle and positive parent but find yourself getting triggered and shouting, threatening or bribing your children due to feeling lost and overwhelmed in the moment

# WHO IS THE PROGRAMME FOR?

- You lack confidence in your parenting and worry that you're getting it wrong, or you find being consistent hard due to not knowing which is the best way to respond.
- You want your household to feel calmer and more harmonious.
- You want to strengthen your relationship with your child because you know how important this is and when they are older and more vulnerable to peer influence you want them to know they can trust you and come to you for help and support if needed
- You want to help your child develop skills for life such as confidence, resilience and emotional intelligence where they feel able to overcome challenges and learn from their mistakes
- Your child is experiencing (or about to experience) a big change and you want to know how to help them through it. This could be starting school, a new sibling, a house move, change to co-parents, moving from a cot to a bed, potty training or something else



Whether you can relate to one of those points or lots of them, you will gain so much from this programme in regards to your confidence, clarity on what you're doing and how best to respond and in fostering a strong relationship with your child.





**'Olivia is so incredibly wise, which combined with her calm and caring personality leaves you feeling you are in a safe pair of hands and that she truly cares about helping'**

**“**  
**Our child's behaviour was starting to affect every aspect of our lives, but now we have a much more positive outlook thanks to the strategies Olivia taught us. A big thank you and would highly recommend the course to others**

— Scarlett & James

@thepositiveparentcoach

# **PARENT FEEDBACK**

I have delivered this programme many times and each time I have introduced new tools, insights and examples to make understanding and implementing this approach easier for parents.

It is my absolute pleasure to recommend you...you are the best 🥰 I have learnt so much from you and I immediately thought of you. Yes absolutely. I

Olivia has helped me to learn more about how to develop a growth mindset within myself and my family. She is an expert in her field and very approachable and supportive as well. Her parenting approach is gentle, kind, positive and very effective. I will definitely continue working with her and asking for her guidance with my own parenting issues.

**“**  
**Olivia's 8 week Parenting Programme has transformed the way we approach challenging situations with our 3 year old. Our biggest take home was learning to recognise when we are being triggered by their behaviour and knowing how to maintain the connection**

— Scarlett & James

@thepositiveparentcoach

**'Whatever age your child and whatever they are facing Olivia will be able to help you. Using her wealth of personal, professional and academic knowledge she can guide you through, enabling your children to thrive and flourish'**

- Samantha, Gentle Sleep Consultant

**THE POSITIVE  
PARENT COACH**

# FREQUENTLY ASKED QUESTIONS



## ✓ If I have your course is it worth joining the programme?

Yes definitely! We will be digging deeper into the foundations and you will have direct access to me for questions and accountability. There are also bonus topics that aren't included in the course.

## ✓ How much is it?

The 8 week group programme is £600, which includes all of the content sessions, written resources and a certificate of completion.

\*Early Bird Discounts Available, as well as payment plans - please ask

## ✓ Can I do this with my partner?

Definitely- Dads, Mums, Husbands, Wives and anyone else you coparent with is welcome and encouraged to take part.

## ✓ How much time will it take up?

I would allocate 2 hours/week to tune into the information and then action it. If you can give more that's fantastic but I also want this to be sustainable for you in the long term.

## ✓ What aged children is this for?

Anywhere from being pregnant to children aged 12 would suit this course, with the greatest focus being on birth - 10.

## ✓ Will we receive therapy as part of the programme?

I am not a qualified therapist so will not be delivering therapy as part of the programme. However, I will be including information on Internal Family Systems, which is a trauma informed therapy model, as a way of helping you to understand your triggers in parenting and know how to support your child with their own emotions. *(Please note I have completed a course on IFS and Parenting run by the IFS Institute).*

This parenting programme has been approved as meeting the criteria for CAFCASS (Children and Family Court Advisory and Support Services) and can be completed by families undergoing court proceedings where they have been asked to undertake a parenting programme.

# GET IN TOUCH

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