



**The Positive Parent Coach Coaching Programme; Rewrite Your Parenting Blueprint**

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## Rewrite Your Parenting Blueprint

This Programme is created and coordinated by The Positive Parent Coach® and lasts 8 weeks. It's been put together with parents in mind as a guide to help them navigate through any problems they might be facing in their parenting, as well as providing valuable insight, tools and information for any parents to be.

The principles taught within this programme are based on over 35 years of research and results, so you can be reassured that you are in the right place. 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. It is not a punishment based approach but instead draws on teaching and learning to help your child develop their confidence, resilience and emotional intelligence.

I see parents as educators and it is our role as parents to coach children through different scenarios and situations so they can learn how to adapt and navigate in a way that works for them. During this programme you will learn realistic and practical tools that will help you in your every day parenting.



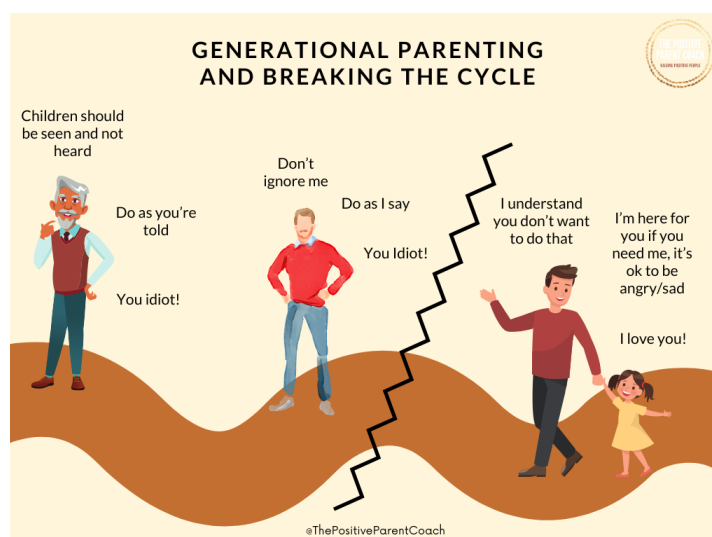
## Programme Contents

Every week there will be a different theme (see below) which is taught and discussed. These themes 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. I will deliver content via a live zoom call, and there will be further resources, opportunities for questions and actions to complete at home. This is to enhance your learning and ensure you have understood how this can work for your family, and gives you the opportunity to put what you have learned into practice and ask any relevant follow up advice.

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

At the end of the 8 weeks you will have all the tools you need to continue on your successful parenting journey feeling calm and connected to your child.

Week 1	Raising your Awareness; Being a Conscious Parent
Week 2	Realistic Expectations and Boundaries
Week 3	How to Communicate Effectively and Prioritise Connection
Week 4	Setting Consequences for Learning not Punishment
Week 5	Understanding Emotions and The Brain
Week 6	The Need for Power and Attention
Week 7	Making Transitions Easier
Week 8	Your Parenting Toolbox



## **Who is this Programme for?**

This programme is for parents who are ready to make positive changes to support their child and their family. 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 pregnant or have just had a baby and want to make sure you get things right from the start in terms of supporting their needs and knowing exactly how to respond to their behaviour so you can develop positive habits
- You and your partner have had different childhoods/early experiences and you want to make sure you can both parent your child consistently to avoid any confusion or tension
- You feel lost in your parenting and unsure of how to respond to your child when they are showing unwanted behaviours or having meltdowns
- 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
- You lack confidence in your parenting and feel that other people stare and judge you when you are out with your child, which means you avoid going out
- 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

## 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. I am also adding bonus topics that aren't included in the course.

✓ **How much is it?** The 8 week programme delivered 1:1 is £720, and you also receive lifetime access to my self study online parenting course on completion (worth £99). (The group programme is £600) \*Ask me about early bird discounts and previous client discounts

✓ **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 say realistically you need to put 2 hours a week aside 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 as you continue afterwards.

✓ **What aged children is this for?** Anywhere from being pregnant to children aged 10 would suit this course, with the greatest focus being on birth to 8 years old. The foundations are applicable to all children (and adults) but the focus points will be around the most common challenges of younger children. If you're not sure please feel free to message me.

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

I am not a qualified therapist and 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).

I am thrilled to announce that this parenting programme has been approved as meeting the criteria of (positive parenting course that includes challenge and participation with additional live elements) 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 positive parenting programme.