



Parents Leading Program

Supporting parents to grow future-fit, thriving kids

BENEFITS FOR YOUR CHILD

Self-Confidence

'I am capable'

Self-Esteem

'I am worthy'

Self-Sufficiency

'I am responsible'

BENEFITS FOR YOU

Awareness

'I see my child and myself
for who we are, not
who we should be'

Presence

'I respond resourcefully
in the moment to parent
the way I desire'

Connection

'I am deeply connected
with my child and myself
in ways that grow us both'

Why This Is Important

Demands on both parents and children can feel overwhelming in today's pace of change. Limited family support, busy lives and competing work-family tensions challenge our ability to parent with the awareness, presence and connection required to raise future-fit kids.

Children need our presence, connection and attention to develop the self-sufficiency, self-confidence and self-esteem necessary to navigate their increasingly complex world.

Program Structure

Live interactive online experience

90-minute workshops delivered weekly over 8 weeks

2 complimentary 30-minute private coaching sessions (valued at \$300)

Extensive 22-page Enneagram self-discovery profile

Unique combination of content delivery, group coaching, interactive break-out groups and forum discussions

Discovery journal and worksheets full of parenting resources and practices

A supportive and engaged learning community with access to session recordings

What Parents Are Saying

"Parents Leading Program helped me to understand deeply where my behaviours come from which connected to my thinking, emotion and how I use the language to my son. This program is good for working mums. What you learn in this program, you can apply not only at home, but also at work."

Sawako Fitchett - Parent

"The one-on-one coaching was definitely the most beneficial part of this program. To be able to raise situations specific to myself and be coached through it has had a huge positive impact for me."

Doxia Brownlow - Parent

**2 complimentary
30-minute private
coaching sessions
valued at \$300**

Program Themes



Clarity and Connection



Parenting with Perspective



Ownership and Balance



Understanding Yourself



Parenting to your Strengths



Role-model Emotional Awareness



Manage Conflict Positively



Understand Anxiety

Program Outcomes

Clarity on how you desire to parent and what gets in your way

Adapt with your child's growth transitions and changing needs

Access resourceful communication that your child will respond to

Establish healthy boundaries and choices

Develop your child's self-sufficiency by owning and balancing your power

Build unconditional self-esteem in your child and yourself

Let go of unconscious patterns to parent the way you desire

Understand yourself in ways that nurture your strengths

Role-model emotional awareness to encourage your child's emotional development

Create deep connections by having courageous conversations to manage conflict positively

Encourage a growth mindset to build your and your child's confidence

Manage anxiety in yourself and your child



What Parents Are Saying

"This program is unlike any other program I have undertaken. The realness of the content and the open communication opportunities, gives insight into every facet of your life.

You don't have to be a parent to undertake this course, it will support and encourage a better life for you. It will work for you if you are willing to be open minded and open to learn how the mind works."

Rachel McCulloch - Parent

"The program has reminded me to look inward and to take the time to look after myself first. From that platform I am able to more appropriately respond rather than to react. It has also given me more space and time in my mind and day which lowers stress and anxiety. It has shown me to have the confidence and conviction to say no and to help myself first before helping others. It has helped me to listen more carefully and set healthy boundaries. For me the benefits helped in all areas of my life not just parenting"

Bec Noble - Parent



Anne Cotterell

Program Delivery

WHEN: Starts Tuesday July 20, 2021

TIME: 7:00pm - 8:30pm AEST weekly for 8 weeks

WHERE: Live online

ENROL NOW!

Using this QR code:



INVESTMENT:

Early Bird Special: SAVE 25% until June 28, 2021

\$480 incl GST per person

\$720 incl GST per couple (**Partners save 50%**)

Full Price: from June 29 2021

\$640 incl GST per person

\$960 incl GST per couple (**Partners save 50%**)

Want to have a chat?

Contact Anne on 0408 285 110 or
info@parentsleading.com



Supporting parents as leaders in family, work and relationships

About Your Coach And Facilitator

Anne is a Developmental Coach and Founder of the Parents Leading Program. She is passionate about supporting parents to be role models that grow future-fit, thriving kids. Having created her own personal journey as a parent, executive leader and entrepreneur she is well aware of what it means to navigate competing family-work demands and the undeniable importance of parental role-modelling in growing future-fit kids.