



# BE HAPPY Parents



*Do you find yourself saying any of these things about your own family?*

“I want my son to turn the computer off”

“I have no control of what’s happening at home”

“My kids fight all the time”

“I think my daughter is slipping away from me”

“I want to have more fun with my children”

“I want to enjoy the time I have with my kids before they grow up and leave home”

“I can’t handle the stress”

*Learn the seven secrets of great parenting at this great workshop*

- ☑ Using positive language and positive focus  
Learn how the words you use encourage your kids to do the wrong thing and how you can change that
- ☑ Understanding children with different communication styles  
Learn to recognise, accept, interpret and communicate in the styles of your family members
- ☑ Expressing love for children the way they like to receive it  
Learn to fill your children’s “love tanks”, as well as your own, and keep them full
- ☑ Aligning beliefs  
Learn to eliminate limiting beliefs and create empowering beliefs for you and your children
- ☑ Aligning values  
Learn to tell your children what you want for them and to find out what they want for themselves, so you can help them get it
- ☑ Setting effective rules & boundaries  
Learn to handle and prevent typical stressful parenting situations by creating a clearly outlined and safe emotional environment for your children
- ☑ Managing time and stress  
Learn to eliminate time wasters, to say “no”, to plan ahead and to manage your time effectively, at home or at work

## *Your coaches*

This program is delivered by coaches with 17 years of parenting workshop experience and 18 years of parenting and teaching experience. Many families around the world have enjoyed their style, approach and depth of knowledge. They are available for your contact throughout the program via email or phone.

*What some parents have said about their experience with us*

“I would just like you to know that I have enjoyed the Parent Coaching Workshops that you have been running, and I can see a huge change in the relationship between me and my daughter already”

“You took us through perspectives refreshing and new”

### **Parent Coaching Workshops**

**[Times]**

**[Dates]**

**[Venue]**

Enjoy 10 hours of Parent Coaching for only \$150

Discounts available for additional family members

All participants will receive a free copy of Ronit Baras’ inspiring book, “Be Special, Be Yourself for Teenagers”

**Register now! Call 3343 2237 or visit [www.behappyinlife.com](http://www.behappyinlife.com)**

**Happiness is a Choice!**