

Mindful Parenting Workshops for Primary School Parents

At **Mindful Parenting Lifestyle** we strive to help parents build a strong foundation to be better able to manage their **emotions**, develop **empathy**, create a **positive** outlook, and become the cool, calm and connected parents they know they can be.



Courses for Parents

We provide two options for parents who are keen to begin their mindful parenting journey.

Overcome the Overwhelm Workshop

Build a sense of community with our **free** one-hour workshops for parents (via zoom or in person).

Create a Calmer Lifestyle Program

Delve in deeper with a 4 x 60-minute group program designed to provide hands on practical training to help parents stay calm, yell less, and reduce parent guilt and build a family culture of kindness and co-operation.

Total investment: \$660 per group program.

About Nina

I'm Nina, mum to three loud and rambunctious little boys. I'm also a certified Mindful Parenting Coach and Head and Heart Mindfulness Instructor.

I began my mindfulness journey when my youngest was born, almost 3 years ago. I went from being stressed out, overwhelmed and quick to anger, to being cool, calm and connected to my kids.

I love being able to share mindfulness with my boys, teaching them the skills to be able to regulate their emotions (like I have done) has to be one of the most satisfying lessons to pass on to them.

I am so excited to have this opportunity to share these same benefits of mindfulness with you and your community!

Contact Nina to find out more or arrange a booking.

