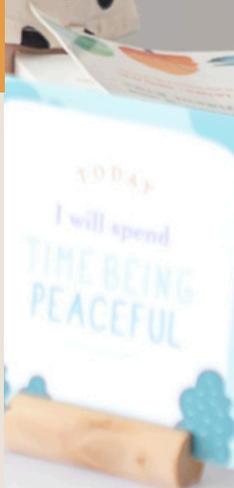
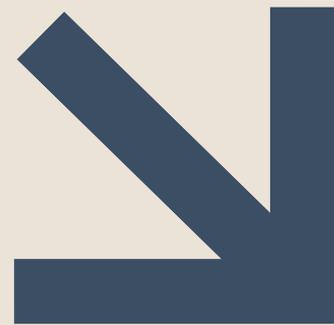


Mindful Parenting Lifestyle

Workshops and Training



Workshops and Training

Helping parents and professionals raise children
with calm, confidence, and connection

In-Person

We offer in-person workshops at your workplace, early childhood centre, school, or community venue. We can work with your setup or organise all logistics including venue hire, catering, and attendee bookings.

Online

All workshops can be delivered via Teams. We offer interactive live sessions or recorded options to suit your team or community needs and schedules.

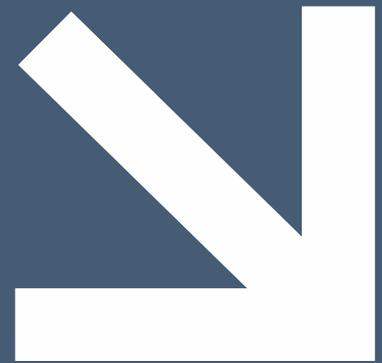
Flexible

Each workshop is designed to be adaptable. We offer 60-minute introductions, 2–3 hour deep dives, or can combine sessions for full or half-day events. We'll work with you to meet your audience where they are.

We collaborate with a wide range of organisations including:

- **Local governments**
- **Libraries and community centres**
- **Playgroups and early parenting groups**
- **Schools and P&Cs**
- **Employers supporting working parents**
- **Mental health, family wellbeing, and early intervention services**

We also support parents directly through online programs and coaching.



**Who we
work with**

What We See - and How We Help

Across countless coaching sessions, community events, and parenting workshops, one thing is clear - raising kids today is tough, and many parents feel like they're doing it alone.

Common challenges we hear:

"I want to stop yelling, but I don't know how."

"I know I need to stay calm, but I lose it before I can even think."

"My kids won't stop fighting."

Our workshops offer practical, empowering tools drawn from evidence-based approaches like Mindful Parenting and Parent Effectiveness Training.

They're grounded in lived experience, and designed to help parents and caregivers shift from reactive to responsive - at home, at work, and in their communities.



Outcomes

Our goal is to create meaningful transformation - not just awareness, but real, lasting change.

We want participants to leave each workshop feeling:

- **Less overwhelmed**
- **More empowered**
- **Equipped with practical, evidence-informed tools they can apply straight away.**

These outcomes help parents reconnect with what matters most – their values, their wellbeing, and their relationship with their children.

Our Vision

Gain Confidence

Our workshops are designed to build confidence from the inside out.

Participants learn how to stay calm under pressure, communicate clearly, and support their child's emotional growth - even during challenging moments.

That confidence ripples outward, creating more connected family relationships, greater balance at work, and a sense of calm that benefits the wider community.

What we offer

Our workshops draw from well-established, research-backed frameworks like Mindful Parenting and Parent Effectiveness Training - but they're always down-to-earth, accessible, and tailored to the real-life challenges families face today. We focus on giving parents tools they can start using right away.

We offer everything from short masterclasses to full programs, and can tailor the format to suit your group. Sessions are available online or in-person and designed to fit your needs.

Our workshops are interactive and practical - not just theory.

We use real stories, reflections and hands-on tools that parents can relate to.

From one-hour masterclasses like *Big Feelings* to our *Regulate → Relate → Respond* workshop and full-length Mindful Parenting Coaching, there's an option to suit every group.



Workshops to Empower Parents and Carers

Practical, evidence-based sessions that fit your group's needs. These work well for 60–180 minute delivery in community centres, schools, or workplace wellness programs.

Regulate → Relate → Respond

Learn a simple, powerful three-step approach to staying calm in the chaos, connecting with your child, and responding with intention in everyday parenting moments.

Parenting in the Pressure Cooker

Discover how stress impacts your reactions, and gain practical tools to slow down, reset, and parent in ways that align with your values — even when life feels overwhelming.

The Mindful Parent at Work

Designed for workplaces, this session helps parents manage the juggle of work and family using mindfulness and communication strategies to improve both wellbeing and connection.

Calm from the Start

Perfect for early parenting groups, this gentle workshop teaches nervous system regulation and simple rhythms to support both parent and baby through big feelings and daily transitions.

Recharge & Reset

A short, refreshing session for busy parents or teams. Through breath, presence and gratitude practices, discover how a few mindful minutes can leave you calmer, clearer and more grounded.

In-Depth Support for Lasting Change

For organisations seeking deeper, ongoing transformation, these longer-format programs run over multiple sessions and offer parents the opportunity to build skills, confidence and connection over time.

Mindful Parenting Group Coaching Program

An 8 week journey for parents wanting more calm, clarity and connection. Includes weekly group calls, practical resources, and gentle accountability. Ideal for building community, emotional resilience, and everyday parenting confidence.

Siblings Without Rivalry Group Coaching Program

A 6-week program supporting parents to reduce sibling conflict and build more cooperative, connected relationships at home.

Parents learn practical communication tools to stay neutral, support big emotions, and respond calmly without becoming the referee.

Masterclasses

These short, focused sessions are ideal for lunchtime learning, community events, playgroups, or parent info evenings. Each one is packed with simple, actionable tools parents can use straight away.

Create a Calmer Lifestyle

Explore simple ways to slow down and make home life feel more spacious and less overwhelming. Learn how to bring mindfulness into your daily family rhythm. *Available as a live or pre-recorded masterclass.*

Nail Your Morning Routine

Make mornings smoother and less stressful. This session shares practical tips to create calm, predictable routines - even when your kids aren't cooperating.

Sibling Support - Taster

A practical session focused on responding calmly during sibling conflict. Parents learn how to stay neutral, support emotional regulation, and avoid escalating tension - while gaining insight into the full 6-week Siblings Without Rivalry program.

Big Feelings

Learn why big emotions show up and how to support your child (and yourself) through them. A relatable, real-world session for handling the tough moments with more calm and compassion. *Available as a live or pre-recorded masterclass.*

Nina Visic



Nina Visic is a certified Mindful Parenting Coach, Head + Heart Mindfulness Instructor, and mum to three energetic boys who give her daily opportunities to practise what she teaches.

She knows firsthand how hard it is to stay calm in the chaos - the juggle of work, school runs, tantrums, and trying to get dinner on the table without yelling. Her own journey from feeling overwhelmed and reactive to being a more present and grounded parent is what inspired her to support others.

Nina blends evidence-based strategies with real-life parenting tools, drawing from mindfulness practices and the principles of Parent Effectiveness Training (PET). Her warm, relatable style helps parents feel supported, seen, and empowered to raise emotionally intelligent kids while looking after their own wellbeing too.

Through her business Mindful Parenting Lifestyle, she delivers 1:1 coaching, online programs, community workshops, and her 'Your Calm Parenting Path' podcast - all designed to help parents create a calmer, more connected family life.

Contact us

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