



Nina Visic

Mum of Three, Parenting Coach and Podcast Host

Nina helps overwhelmed parents feel calmer and more connected with their kids.

She talks openly about her own hard days at home and shares simple tools that work in real family life, somewhere between school pick-up and dinner.

Nina works with parents one-on-one through her program Parenting with Presence, and hosts podcast Your Calm Parenting Path podcast.

AS HEARD ON



SIGNATURE TOPICS

- ✓ Staying calm when you're about to lose it
- ✓ Mum guilt and the pressure we put on ourselves
- ✓ Sibling fights and how to stop being the referee
- ✓ Calmer mornings and bedtime
- ✓ The mental load and being the default parent

SAMPLES

Listen to my podcast:

mindfulparentinglifestyle.com/podcast

View my guest appearances:

mindfulparentinglifestyle.com/appearances

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