

Conducted fortnightly over 10 sessions

CONVERSATIONAL PARENTING PROGRAMME

FROM DEMANDING COMPLIANCE TO DEEP CONVERSATION AND TRUST

NO one taught us about parenting, we learn from observing how we were brought up by our parents and using trial and error method. The Conversational Parenting Programme (CPP) is a ten x one hour sessions (fortnightly) journey for parents to build emotional trust and closeness with your children. The sustainable positive outcome are numerous. They include, deeper conversations with your children, happier children, healthier parent-child relationship and more confident children. Incidentally, one by-product of this programme, when put into practice is a child who is more willing to listen to you!

The CPP is divided into four (non-sequential) modules, Self-Knowledge, Self-Awareness/Manage Impulses, Compliance to Conversation and Conversational Tools. These modules are inspired by the following teachings:

SELF-KNOWLEDGE



ENNEAGRAM PERSONALITY PROFILING

The **Enneagram Personality Profile** is a powerful tool that allow us to understand why we feel, think and act in a particular manner. It uncover our unconscious behavioral patterns and blind-spots as parents. In the CPP, you will be introduced to the basic teachings of Enneagram and why you react to your child's behavior in a particular way .

SELF-AWARENESS/MANAGE IMPULES



MINDFULNESS PRACTICES

The ability of parents to be self-aware of our negative emotions and manage them is key to a less emotional child. Learn from the best in class (**University of Oxford mindfulness programme**) how you can minimize triggering your child's emotion.

COMPLIANCE TO CONVERSATION



VIRGINIA SATIR ICEBERG MODEL

In the word of the late American family therapist, Virginia Satir. "There is no problem children". You will learn concepts behind the **Virginia Satir Iceberg Conversational Model** in deep diving into the feelings, thoughts, belief system and yearning of your child. Once the yearning of your child surfaces and when honored, many of the behavioral challenges you face will be resolved.

CONVERSATIONAL TOOL



ICF COACHING CONVERSATION

There are books and video demonstrations on how to use the Virginia Satir Iceberg Conversational Model. But most parents struggle to apply it in their conversations with their children. In the CPP, we help you bridge the gap between theories and practical application. You will be guided and taught **executive coaching conversation** skills on how to deep dive into the iceberg of your child by ICF Professional Certified Coach.



www.seedoflives.com



info@seedoflives.com



www.linkedin.com/in/danielyeosp



seedoflives



seedoflives

www.linkedin.com/in/evephua

WHAT YOU WILL LEARN

Below is a brief description of what you will learn in each session. There will be lots of role plays, parenting case studies and application. To see positive changes in your interaction and relationship with your children, SUSTAINED efforts are required to put into daily practice what you learn during our sessions.

Session1: New mindsets in parenting - You will learn useful mindsets and values as parents. Be prepared to reflect and let go of mindsets and values you are familiar with, but might not serve your children well.

Session2: Honoring uniqueness - Every child is born unique. Learn how to honor who they really are.

Session3: From compliance to conversation - Learn how to create the right moment to request discipline instead of expecting compliance from your child.

Session4: Exploring feelings - Get ready to dive into the Iceberg of your child to explore their emotions.

Session5: Asking powerful questions - Asking the right questions allow you to have a deeper and more meaningful conversation with your child. You will learn various type of questioning techniques to further explore the emotional iceberg of your child.

Session6: The power of silence and curiosity - What happens when your child does not reply to your question? Learn how to apply curiosity and silence to create a safe space for your child to speak their mind without feeling fearful of being judged or punished.

Session7: Honoring feeling about feelings - Children are born with a natural gift to feel their feelings. Many children begin to bury this capability when parents overly focus on getting things done instead of honoring their emotions. You will learn skills on how to teach your child to honor how they feel.

Session 8: Uncovering expectations - We sometimes place unrealistic expectations on how our children should behave and this can stress them up. Children are good at accomodating to what adults expect them to be. Understanding the three kinds of expectations and ways to uncover them allows you to understand how your child think at a deeper level.

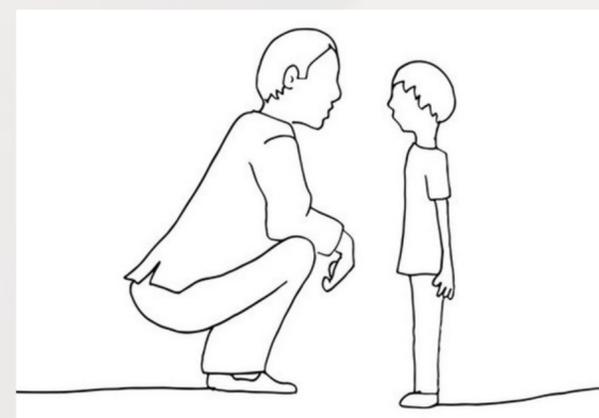
Session9: Uncovering perception and belief - Perception and belief drive how we feel and act. Learn how to uncover (un-useful) your child's perception and belief. Parents are often surprised or shocked to discover what are the drivers of their children's behavior.

Session10: Shifting beliefs - Learn how to shift these perception and belief If they are not useful for your child in a given situation. You will notice a shift in your child's behavior when they are guided by useful perception and belief.

Organized by:



Daniel Yeo, PCC
(ICF Professional Certified Coach)
Founder, Seed Of Lives



Corporate partners:



Facilitator trained and certified by:



www.seedoflives.com



info@seedoflives.com



www.linkedin.com/in/danielyeosp



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