



Join us for the next Extra Roots Cohort of the 12-Week Transformational Parenting Course!

Transform your relationship with your child(ren) by learning and applying the Jai methodology, rooted in non-violent communication, emotional intelligence, and brain science. Consciously unpack the parts of your upbringing that are showing up in your parenting and steering you away from following your intuition and being the parent that you want to be.

Discover tools and ways to guide your parenting in a healthier way, staying grounded, addressing your own needs, and respecting your own emotions. Come to an understanding of your child's developmental stages to even out your expectations and support an empowered relationship.

FAQ

- **Is the course effective even if my partner does not take it, how will I make the changes that I want to see on my own?** Yes, my students have reported strong shifts in their home even when their partner does not formally take the course. I will support you to find ways to share your learning journey with your partner in subtle and soft ways to encourage learning and deepened understanding- but even without knowledge sharing we know that through mirror-neurons and 'seeing' what can work through utilizing more peaceful parenting strategies, this has led to partners being influenced in a positive way.
- **My kids are 13 and 16, are they too old? Am I too late?** You are never too late. You can grow as a parent anytime in your journey, and you, and your child(ren) will reap the benefits. I can support you to find age-appropriate ways to integrate what you are learning into your parenting practice in a way that feels natural, and good, for you. You are welcome in this space.
- **What is the time commitment?** Each week will require 3-4 hours of reading, videos, reflective workbooks, including a weekly 1-hour Zoom call each week. The weekly cohort call will be a supportive way to integrate the knowledge learned, connect with other parents, and find guidance to bring deepened knowledge, greater understanding, and new practices into your parenting- supporting sustainable change.
- **When does the next cohort start?** Class starts the week of September 24th and continues until the week of December 17th with a one-week break from October 13-17th. Two different days/timing will be available, contact me for more information.
- **How much does the course cost?** The 12-week Transformational Parenting course is now available for 795 USD, normally marketed for 1200 USD.

Don't miss the Early Bird rate for 495 USD, if you sign up by August 22nd!

Registration is open until September 17th. Limited spaces available.

Contact Extra Roots today for more information!