

Mindfulness In Parenting Course

Learn practical Mindfulness techniques and concepts to enhance your parenting experience and enjoy closer relationships with your children



Course Outline

- The Science of Mindfulness
- The Art of Responding, not Reacting to Parenting Stress
- Understanding and Befriending Your Child
- Applying Mindful Communications In Managing Conflicts
- Setting Priorities in Parenting

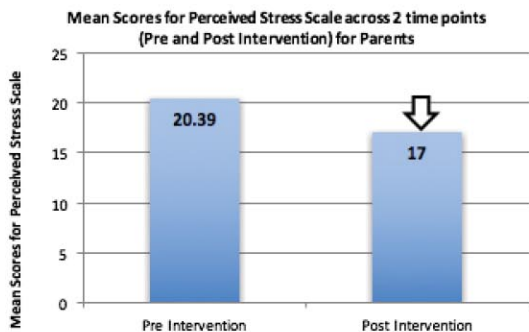
Outcomes

- Better awareness of your emotions and thoughts
- Less reactive
- Happier relationships
- More fulfilling parenting experience

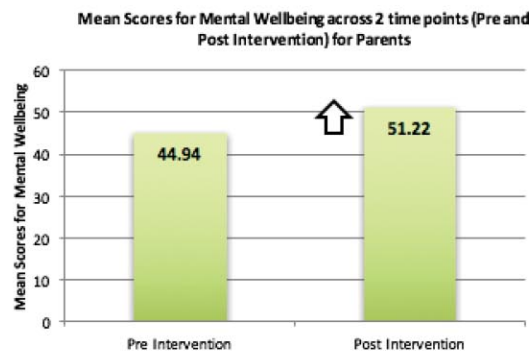
Check course fees and dates at www.brahmcentre.com

Evidence From Previous Course (n=18)

Stress level reduced after the course.



Mental wellbeing was enhanced after the course.



Parents' Feedback About The Course

This would be a course that all parents should attend with their kids to achieve a much happier family and be kind to each other.
Chan Mun Hok

This course is practical, thought provoking and has helped me apply what I've learnt effectively on my children. Many thanks to the trainer who has made it an enjoyable process.
Joyce Lim

This course has brought about the self awareness of parenting. I will strongly encourage every parent to attend this course to not just learn about mindful parenting but to remind ourselves that having happy, confident and resilient children is the most important thing in life!
Lim Xu Kah

Highly recommended. Mindfulness techniques can be applied to any situation, not just for parenting.
Fulrain Chang

Parents' Feedback About The Trainer

Great trainer, very engaging, enjoyed the tinge of humour brought into each class. The course enables you to discover more about yourself than you expect.
Phoebe Tay

Excellent trainer made the course even more effective by her own parenting experience. Very useful to teach and remind parents what the most important things in raising children are.
Ng Shau Mien

The trainer was inspiring and used very good examples of everyday situations to illustrate her points. The course has helped me to manage my anger when dealing with my autistic son and made me conscious of the choice of words used will have a great impact on his well-being.
Victor Tan