

Peaceful Co-Parenting



- More peace
 - Less conflict
- Happier children
 - Less stress
- Better understanding
 - Less chaos



- Trust Yourself as a Parent
- Trust the Other Parent ...
... to be a
"good enough" Parent
- Trust Your Child

As simple as this might sound, it is a powerful way to step back from the power struggle that so often occurs between divorced parents. Research shows a direct correlation between the levels of parental conflict and the well-being of the child of divorce. You have the best reason to want a more effective co-parenting relationship with your child's other parent.

- Class offered in Eagan, MN in a private home
- Saturday November 12th 10am-noon, and 2-4pm delicious lunch provided
- Sunday Nov. 13th, 2-4pm

\$125. Register online or call 720.290.5715 for more info

Three Trusts: Co-Parenting in Peace, November 2011 Minneapolis workshop

It is out of my deep love for families and the challenges of parenting that I created this course. I promise that every single participant will create a new future for themselves and their family out of being in this course. Initially designed for divorced parents, the Three Trusts' concepts work very well for parents in intact families, who would like to reduce the conflict in their household. Co-parents can take separate workshops or attend together.

This course is designed to empower and inspire you to be an extraordinary co-parent regardless of obstacles and circumstances before you. It is engineered to support you in interrupting old patterns of speaking, thinking, and acting that limit you in being an effective communicator and partner. It is also for the purpose of teaching you practical tools to reduce the conflict in your life, with your co-parent, your child, everyone you are in relationship with.

- the damage that conflict between parents causes the children
- tools for understanding anger and reducing it
- meditation and its many benefits
- how important your own self-care is
- your great power and ability to affect the circumstances in your life, and move more into alignment with your own values and integrity
- Trust: you will learn how the decision to Trust will change your world, create better actions, and call the best out of you
- effective communication techniques to reduce conflict and anger
- how to trust yourself as a parent. This will bring more peace and stability into your home.
- how a "good enough" parent is just that, good enough! You will learn how to step back from the other parent's relationship with the child.
- internal boundaries, and how to keep them intact
- your ability to change your neural pathways, leaving behind the pathways that are stuck in resentment and anger, and building new pathways to peace
- the importance of trusting your child
- managing your own fear regarding your child, and how important that is to maintaining an open relationship with them as they age into adulthood
- the co-creative process to help your child to launch herself/himself successfully into adulthood
- how your own thoughts help to create your own reality
- resources to help you along your parenting journey

**This workshop meets in a private home in Eagan, MN.
Saturday, Nov. 12th, 10am to 4pm, delicious lunch provided.
Sunday, Nov. 13th, 2-4pm.
Call 720.290.5715 for more information
Register at www.threetrusts.com/classes.php**