

Angry to C.A.L.M Parent Webclass: TIP SHEET!

With Annette Du Bois



Phone.
07543 655117



E.Mail.
info@champs-academy.co.uk



Website.
champs-academy.co.uk

Hello...

Thank you for attending the Angry To C.A.L.M. Webclass with me. It was a pleasure to share this with you and offer some helpful tools, techniques and support. Being a Parent isn't easy -- but it can be easier! ;-)

OK, here are the C.A.L.M Tips:

C is for Communication

How and what we communicate is very powerful. In times of high emotions and frustration language can be very negative, over-exaggerated and dramatic. It's easy to catastrophise, distorting reality.

Example: "Everything is Always so difficult, and No-one understands".

L is for Labels

Judgments, criticisms, opinions, we become what we believe. Labels stick! Like the Elephant we never forget. Labelling good or bad, right or wrong or any criticism can be damaging and long-lasting. We are not our emotions... create distance from it.

Example: Change "I am" to "I Feel" and add in "Because".

A is for Attitude

All Parents experience various kinds of attitude from their child regardless of age. They're passing their pain forward (like the ice cube). Avoid being drawn into it. Behaviour is easily echoed... become aware of your own attitude to help you respond (not react).

Example: STOP - LISTEN - RESPOND.

M is for Mind Magnet

Our mind is like a powerful magnet pulling towards us more of what we think about. When something happens, we're conditioned to think the worst and see the problems and obstacles. We must consciously work on being more positive, optimistic, resourceful and resilient.

Example: "Today is going to be a terrible/awful day" "Today is going to be a terrific/awesome day".

Special Thank You Gift...

If you've tried all the books, audios, feel overloaded with 'parenting' information that just seems to make things worse, and feel like giving up... let us help. CHAMPS Academy 1:1 coaching provides your child with tools, techniques and strategies to overcome challenges and deal with the emotional roller coaster of growing up to feel more confident, happy and life ready! As a special thank you for attending the CHAMPS Angry to C.A.L.M Parent Webclass, you'll receive 10% off any 1:1 coaching package when booked in the next 30 days... use code {CALM OFFER} when getting in touch,

