



Bulletproof Parenting Course

REGISTRATION FORM

Name and Surname:

Children's names and ages:

Marital/Relationship status:

Contact number:

Email address:

What is the greatest challenge/ difficulty you are facing as a parent?

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What would you like to achieve through completing this course?

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Where did you hear about this course?

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Payment information:

Total Course Cost: R2000 per person. Final payment to be made before 17th July 2020. Please complete the information form and return it along with your proof of deposit to naomi@naomiholdt.com to secure your place.

Banking details:

Naomi Holdt

Standard Bank

Acc No: 060896752

Branch: Pietermaritzburg

Branch number: 057525

Reference: BPP followed by your name (e.g. BPPJaneSmith)

I look forward to welcoming you to the Bulletproof Parenting Family.



Bulletproof Parenting Course details

Sessions will consist of:

- A weekly interactive Zoom webinar
- Practical advice for immediate application
- Time for questions
- Weekly motivational emails

What you need:

- A desire to see real changes in your family relationships
- A commitment to the process
- A journal or notebook
- A cup of tea or coffee
- A good Wi-Fi connection
- The willingness to be a part of a tribe of like-minded parents

Course dates:

Session 1: 23rd July 2020

Session 2: 30th July 2020

Session 3: 6th August 2020

Session 4: 13th August 2020

Session 5: 20th August 2020

Session 6: 27th August 2020

Time: 10am (SAST)

Should you not be able to make this session time, apart from the recorded links, you will have the opportunity to meet with me on line on three occasions for question and answer sessions.



What some of the previous participants have had to say:

“Wow, Naomi. I loved it all- the self-reflection, boundaries, connection- all of it. I would say the most valuable for me was all the practical ideas for building connections and growing deep roots...I really found the whole layout of the course professional, personal and intimate. You are so open and vulnerable which allows us to feel that it’s okay to make mistakes- just learn and grow from them. Thank you for being you. You are making a difference for many families and most importantly, for the children.”

“ The course has helped me to look at myself, as well as changing my whole perception of this parenting journey ! My relationship with my “difficult” child , is starting to flourish. Have thoroughly enjoyed my weekly sessions with Naomi ... I could listen to her for hours ! “

“The Bulletproof Parenting course is powerful and inspirational.
It makes us realize all the pits we fall into as parents and demonstrates positive outcomes if we do things slightly differently!
Well done Naomi”.

“What a fantastic, informative course. Naomi is a confident professional who provides you with invaluable insight and practical tips”.

“It’s been awesome to see the progress as the weeks go ! I now have a child who hugs and kisses me goodbye at school and says ‘I love you mom’.... Now that’s good for my soul!”

"I am a more confident parent after taking this course. The advice is practical, invaluable and I can see the difference in my relationships with my children and in our family. "

“This has been an incredible journey of reconnecting with my children and of seeing again the importance of my role in guiding them so that they grow and develop in to all they were destined to be. This course has been invigorating on a personal and parental level. It has blessed me, my children and our family. Thank you.”

“On the whole, since starting the course, I have found myself far more mindful and aware of my parenting. There is a new consciousness which is hopefully going to see me growing in leaps and bounds as a parent. Thank you! Every parent needs your Bulletproof Parenting!”

“The course has provided such a wonderful reference for me. And when things go wrong, I now find it easier to reset. This has been the most helpful source of parenting information BY FAR!
Plus, one tricky child to parent is now totally wonderful to parent. Thank you!”

“The BPP is worth ‘GOLD’. I will definitely refer other parents”

I can't wait for you to join the tribe. Please complete the registration form and email it to naomi@naomiholdt.com along with POP to secure your place.

Yours in connected parenting,
Naomi



Bulletproof Parenting Course

In our current pandemic world it has become more obvious than ever that this life throws challenges that we can never fully prepare for, and obstacles that we cannot fully protect our children from. Raising children to be resilient is essential, and there is only one way to do this- RELATIONSHIP. The **Bulletproof Parenting Course** is all about building resilience through the depth of the relationship we have with our children. This course will assist you to bring about positive changes within your family, and to create a happy home- one in which your children have a healthy self-esteem, feel secure, feel heard, valued and understood. It will teach you how to communicate effectively, and to understand the impact of your communication. Along with this you are going to learn strategies that will make parenting easier and more fun and will leave you feeling more connected to your child.

Basic Course outline: (Variations may occur)

1. <i>It all begins with you</i>
This session will look at the essential foundations of parenting as an aspect we frequently neglect- exploring who we as are parents and why, and the implications this holds for our children. The space we are in emotionally has a direct impact upon how we parent. By understanding this, we can significantly change the way we parent and our attitude towards the more challenging aspects of parenting.
2. <i>Gaining confidence</i>
So many parents don't feel 'good enough'. This lack of confidence filters down and impacts upon their relationship with their child, the fulfilment of their bond with their child, their child's anxiety levels and much more. Discover what it takes to be a confident parent and observe how your confidence will assist to increase your child's self-esteem.
3. <i>Back to basics</i>
We often become so wrapped up in the 'right thing' to do as parents and become so concerned about not 'psychologically damaging' our children, that we forget the basics. But it's with the basics, that self-esteem and independence flourish. This session will demonstrate how to create a solid foundation on which your family can grow and thrive. It will assist you to establish boundaries within love, not through aggression. These techniques will help you to parent utilising simple and practical techniques, with a solid understanding of why they work.
4. <i>Conscious Parenting and Connection</i>
At times it seems difficult to understand where our children are coming from, and it may feel like we are constantly missing the mark when trying to connect with them. This session looks at how to understand your child's personality better, and how to prioritise what really matters in order to develop a closer relationship with them (even your strong-willed ones who you constantly butt heads with!) We also look at that inevitable parenting guilt, why it doesn't belong with us, and how we can lose it.
5. <i>Blessings and curses</i>
What we say and how we say it has the power to either build our children up or break them down. Rethinking what and how we communicate with them can make a powerful difference. This session explores ways of communicating which aim to build our children up and deepen our relationship with them. This one is a goodie!
6. <i>Maximising the minimum</i>
In a world where time is never enough, (not even in lockdown) how can we make the moments we do have with our children count? How do we ensure that we are building memories that will be the foundation of a healthy and happy adulthood for our children. This session explores powerful and practical ways to enhance connection with your children and make the moments matter.

It takes a brave and courageous parent to make changes within themselves that will benefit generations to come. By joining our Tribe you are doing just that and giving your child the best possible gift imaginable.