



Mothers
in Training

coaching moms • empowering families

SPEAKER TOPICS CATALOG

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HOW TO AVOID FRUSTRATED PARENTING

Parenting is hard work and frustration can quickly set in with less than desirable results. This introductory workshop focuses on common parenting challenges and explores the ABC's of good communication, the privilege to responsibility ratio, and how to respond rather than react before frustration has a chance to set in. Take home worksheets provided for your convenience.

CULTIVATING COOPERATION

YELLING? NAGGING? BRIBING? These coercive parenting methods can happen with our children several times a day. Learn communication skills that create peace and honor in the family. Discover the strategies that take parenting from tiring or draining to exciting, uniting and team building! This event covers creating a new dialogue, action points, and building the proper foundation.

DIFFERING PARENTING STYLES

Boost your parenting skills for better family performance. In this discussion, we will explore proactive vs. reactive parenting, authoritative vs. authoritarian parenting styles. Don't miss the opportunity to add some new methods to your parenting choices. Boost your parenting skills for better family performance because solid skills are the key to a great family!

PARENTING & REMARRAIGE

The greatest asset of any family is its members, but there's no one-size-fits-all parenting advice because each family is a hybrid dynamic. The memories each child holds from prior family experiences shape his view of the world and affects how he prepares himself or herself for the future. Help your blended family members feel understood, not managed or controlled. Afterward, when connections have been made, establish a new set of expectations together so the family can move forward as a unit. Prepare yourself for the delicate task of bonding as this new journey beings!

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MINIMIZING MELTDOWNS

Embarrassing or scary? Learn to recognize an emotional meltdown from a logical one and discover how to deal with them according to the type. Learn why they happen and dramatically reduce the episodes. Get the upper hand on meltdowns before they get the upper hand on you.

TRUTH TELLERS AND HOW TO RAISE THEM

If our children lie to avoid consequences, over time, it can become the norm. Create a home where lying and deception have no power and serve no purpose. Cultivate honesty and leave a legacy for the next generation to enjoy with this simple flowchart system developed by Mothers In Training, LLC. Take-home chart provided.

SHAPING CHILDREN WHILE THE CEMENT IS WET

How much time do you have to influence your child? How will you use that time? Do you have your parenting goals and strategies mapped out? This topic addresses priorities, goal setting, and strategies for implementation. Learn steps to create an action plan before relationships get tested, rather than after. Craft a family blueprint that includes a vision, a mission, and strategic goals that align with your value system in this fun and thought-provoking event.

RESOLVING SIBLING RIVALRY

Learn why children battle for first place in the family dynamic. Discover what's at the heart of their battle. Take home new techniques that can be implemented immediately so you can resolve the challenge once and for all. Prevent stressful relationships from forming at home with this valuable introductory topic discussion.

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SEVEN WAYS TO NOT RAISE A BRAT

When decisions are made on the fly, it's easy to get results that work at the moment, but don't work at all in the grand scheme of raising good kids. Discover these seven habits that slip into parenting unawares, so you avoid raising a brat!

PURPOSE & POTENTIAL: WHAT'S THE DIFFERENCE?

Why does the family exist? What purpose does it serve? How do we access our potential and our purpose? Discover the powerful answer to these questions and more with this thought-provoking topical discussion. Create your own step-by-step innovative format to incorporate during a family game night. Watch as your family reveals to you the purpose it's meant to serve and witness excitement levels rise as purpose and potential become a reality.

SINGLE PARENT SUCCESS

Does single parenting leave you feeling overwhelmed or overlooked some days? Do you find that many of your needs seem to be unaddressed in your circles? This discussion addresses five key strategies every single parent should know and practice to feel empowered in this challenging stage of life. We'll look at realistic expectations, find balance, discover how to implement systems, find valuable support, and make the most of the resources available in the community.

TOP TEN BEST PARENTING SECRETS

This event will cover the best of the best in an introductory manner for those looking for a cursory overview of the transformed home. We'll take a quick look at the battles, arguments, whining, and attitudes that tend to pop up in everyday life and explore how these top ten best parenting secrets can set the stage for honor, cooperation, joy and calm, the winning combination for every home and family.

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WORKING WOMAN: WINNING THE WAR BETWEEN WORK & FAMILY

Anyone raising a family and working a full-time job understands the demand upon time and energy. With only 100% of your resources available, how do you satisfy all the needs and wants placed upon you without jeopardizing the other calling for your attention? This presentation will address the priorities, strategies, and mindsets necessary to win this tug of war.

FULL POTENTIAL: RECOGNIZED & REACHED

Why does the family exist? What purpose does it serve? How do we access our full potential? Discover the powerful answers to these questions with this thought-provoking topical discussion. You'll walk through an innovative step-by-step exercise which can be incorporated into a family game night. Watch as loved ones discover their best self and witness excitement levels rise as full potential is recognized and reached.