



ONLINE  
**PARENT MAKEOVER  
COACHING PROGRAM**

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METTLE IMPACT

# ABOUT

How children behave is a reflection of the parents. Effective parenting is more than know-hows. It starts at the very being of the parents. Parent Makeover Coaching Program is a unique parenting program that focuses on the transformation of parents as the basis for effective parenting. Besides applying the science of positive psychology, developmental relationships framework and introducing parenting skills and tools, parent coaching is also incorporated in the program to create a generative impact resulting in a sustainable parent makeover.

This comprehensive program comprises of 6 modules:

1. Positive Parent
2. Parenting Mindsets
3. Parenting by Personality
4. Positive Discipline
5. Positive Communication Skills
6. Positive Parenting Space

**BECOME THE PARENT THAT YOUR CHILD NEEDS AND  
HE WILL BECOME THE ADULT YOU ENVISION HIM TO  
BE.**

Your Transformation Journey Starts Here.

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# PROGRAM OUTLINE

## 1. Positive Parent

The ability to parent in the moment is influenced by the parent's parenting presence. When a parent carries a positive presence, it has a positive impact on the parenting outcome. The opposite is also true. When a parent carries a negative presence, it is likely that parenting will not happen. In this session, we focus on getting parents started on cultivating a positive parenting presence.

*Parents will:*

- Understand the philosophy and impact of Positive Parenting.
- Learn the 5 Transformative Parenting Principles and their impact on parenting.
- Cultivate parenting presence to support them in their parenting journey.

## 2. Parenting Mindsets

Mindsets play a critical role in influencing our behaviours. As parents, we generally parent with a default parenting mindset. This mindset may or may not be helpful in achieving our parenting intentions. It is important that parents are aware of their default parenting mindset and to reflect on its effectiveness. In this session, we shall explore different parenting mindsets and allow parents to put on the right mindset for the right parenting moment.

*Parents will:*

- Learn about parenting mindsets and understand the impact they have on child-rearing.
- Identify their parenting mindsets and be coached in calibrating their style for greater parenting effectiveness.

## 3. Parenting by Personality

Every child is unique and every parent is different. Using the DISC profiling system, this session helps parents to understand and appreciate their child's unique personality and needs. Parents will also gain insights into positive parenting even when parent-child personalities are poles apart.

*Parents will:*

- Learn personality psychology and its impact on parenting.
- Identify and understand their child's unique personality to better meet their needs through appropriate parenting mindsets.

## 4. Positive Discipline

Discipline is much more than correction. It is about training. When we discipline our children, we are training them into being an adult. In this session, parents will be introduced to the AGAPE discipline framework to effectively nurture children into becoming adults.

*Parents will:*

- Learn the AGAPE love discipline framework to facilitate positive discipline.
- Develop a positive discipline strategy to effect positive correction of the child in the moment, with confidence and calmness.



## PROGRAM OUTLINE continue

### 5. Positive Communication

Parenting happens in a conversation. What and how parents communicate their parenting intention to their children has an immense impact on the positive outcome of the parenting effort. It influences the parenting space, as in children will either reject or embrace the parent's parenting intention. A specially designed positive communication framework will be introduced in this session to equip parents to communicate their parenting intention effectively. This framework is powered up by the science of positive psychology and emotional intelligence.

*Parents will:*

- Learn and understand the science of positive communication to create a positive parenting space.
- Apply positive communication framework and developed communication skills to enhance parenting effectiveness.

### 6. Positive Parenting Space

Impactful parenting happens within a positive space. In parenting, this space is referred to as the parenting space. The parenting space is really more of a psychological space than a physical space. Although physical environment does influence psychological space. How safe and positive a child feels about the parenting moment depends on how he/she perceives the parenting space in the moment. Therefore, this session equips parents with interventions to create a positive parenting space.

*Parents will:*

- Learn to create a home environment that enhances parenting effectiveness.
- Learn to nurture a strong parent-child relationship using the bonding framework.

### 7. Parent Coaching Sessions

Parenting is a skill. Therefore, parenting concepts need to be translated into parenting behaviours in order to parent effectively. An effective way to achieve that is through coaching.

*Parents will:*

- Be assigned to a professional certified coach. Schedule 2 coaching.
- Schedule two coaching sessions with the assigned coach.



## RONALD YOW TRAINER

Ronald has more than 20 years of experience in working with children, youths and families in non-profit organisations. He has conducted various seminars, workshops and talks on parenting and youth-related topics across Asia. He has also spoken on radio CNA938 (Singapore) on parenting.

He believes in building strong families and seeks to make a positive impact in today's families. As a Professional Certified Coach (ICF) he has been practising life-coaching and parent coaching, actively fulfilling his calling to equip parents to strengthen their families.

Ronald is a husband to his wife and a father to two young adult daughters. They live a humble life in Singapore.



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## PROGRAM SCHEDULE

DATE

*Aug 11, 18, 25*

*Sep 01, 08, 15*

TIME (SGT)

*8 - 10 pm*

## PROGRAM FEE \*

SGD 650 per couple

*\*includes two parent coaching sessions*

## REGISTRATION

scan to register



<https://bit.ly/3xYjsOQ>

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