

Subject: How to Become A Peaceful Parent

- Are you feeling **stressed and overwhelmed**?
- Are you **exhausted from the nagging and yelling at your kids** without seeing results?
- Do you find yourself **at a loss and frustrated from a constant power struggle** with your children?
- Are you **concerned about your child's angry and defiant behavior**?

If you can relate to any of the above, then this **FREE ONLINE PARENTING SHOW IS FOR YOU!**

I was so happy when the summit host, **Paula Kettula**, send me a special invite to **join the replay of the massively successful summit called:**

Becoming a Peaceful Parent: Empower Yourself to Be Patient, Present, and Loving with Your Kids

The summit initially launched last year right before COVID shut down the world and sent parents scrambling how to manage their work and online schooling. I am sure that the **nearly 4,000 parents who participated in the summit, felt more prepared dealing with the unprecedented challenges they were facing!**

Over a year later, we are still not out of the woods as families continue to experience high levels of stress, overwhelm and anxiety. Parents continue to need our support to help them realize how strong and resilient they are, and that **it is possible to parent from a place of love, compassion, and understanding versus anger and frustration.**

I am worried about the **long-term impact of chronic stress, trauma and broken communication** on the kids' development and overall well being of families which is why **I believe it is very timely for me to participate in the replay of the Becoming a Peaceful Parent Summit** so that kids can **experience a loving connection with their parents** no matter what the circumstances are, and **parents can feel fulfilled in their role.**

I hope you will join this *FREE* summit which will teach you practical tools and strategies such as how to:

- Be more patient with yourself and your child
- Decrease stress from parenting
- Reduce anger and frustration between you and your child
- Be more mindful so you can be present with your child

The summit consists of interviews with **parenting experts**, including myself, who will share their knowledge and useful advice in **short 30 minute videos**. I know you are busy, but **these valuable videos are easy to watch or listen even on the go!**

Becoming a Peaceful Parent 2.0
Empower Yourself to Be Patient, Present, and Loving with Your Kids
May 17 - May 25, 2021

Click this link to sign up for this FREE event:

>>>[INSERT YOUR UNIQUE TRACKING LINK HERE]<<<

About the host, Paula Kettula:

Paula Kettula is a Licensed Clinical Social Worker who has been working with children and families for over **20 years**. Paula holds a **master's degree in social work** from San Diego State University. She also has a **diploma in Montessori education** from Association Montessori Internationale (AMI). In addition, Paula is a **certified yoga teacher (RYT-200)** and is trained in **EMDR, Sandplay Therapy, Play Therapy and Transformational Leadership**.

In her role as a psychotherapist and a transformational parent coach, Paula works closely with parents to help them **connect with the heart and soul of their children by using a love-centered approach infused with the power of the latest research findings from developmental neuroscience and trauma research**.

Paula has developed a unique approach to parenting based on a powerful transformational leadership framework which she is using to **empower parents**

to become conscious, confident, and inspiring parents so they can create authentic, connected, and loving relationships with their children.

See you at the summit!

[EXPERT: PLEASE PUT YOUR SIGNATURE HERE]

P.S. Go ahead and click here if you want to get a FREE ticket to make parenting easier:

>>>[INSERT YOUR UNIQUE TRACKING LINK HERE]<<<