

CERT · CPE FOUNDATIONS

Conscious Parenting with Emotional Intelligence™ Certificate Program

Raise emotionally intelligent children by becoming an emotionally aware parent.

Parenting begins with self-awareness.

DURATION	SESSIONS	FORMAT
30 hours	Modular cohort · paced delivery	Live Online · In-Person · Parent Communities · School-Based

INVESTMENT

+ applicable taxes (GST)

Who this program is for

- Parents of young children
- Parents of pre-teens
- Parents of teenagers
- New and expecting parents
- Caregivers and guardians
- Teachers and educators
- Child development professionals
- Parenting coaches

No prior experience is required.

Curriculum

Ten focused modules — practical, reflective, and rooted in evidence.

Module	Key topics
01 The Conscious Parenting Journey	What is conscious parenting · Reactive vs responsive · Parenting vision
02 Understanding Your Parenting Blueprint	Childhood influences · Family patterns · Triggers · Breaking cycles
03 Emotional Intelligence for Parents	Self-awareness · Regulation · Triggers · Resilience
04 Understanding Your Child's Emotional World	Emotional development · Behaviour as communication
05 Emotion Coaching for Children	Identifying feelings · Validation · Teaching regulation · Vocabulary
06 Building Connection & Secure Attachment	Trust · Connection rituals · Presence · Bonds
07 Positive Discipline & Healthy Boundaries	Discipline without punishment · Limits · Consequences · Responsibility
08 Communication That Builds Trust	Active listening · Validation · Empathy · Difficult conversations
09 Raising Resilient & Confident Children	Growth mindset · Problem-solving · Independence · Resilience
10 Creating a Family Culture of Connection	Family values · Meetings · Check-ins · Gratitude · Belonging

What you'll take with you

- ✓ Understand your parenting style and emotional triggers
- ✓ Improve emotional intelligence and self-regulation
- ✓ Strengthen parent-child relationships
- ✓ Reduce power struggles and conflict
- ✓ Improve communication with children and teens
- ✓ Develop healthy discipline strategies
- ✓ Raise emotionally intelligent and resilient children
- ✓ Create a connected, emotionally healthy family environment

CERTIFICATION

Conscious Parenting with Emotional Intelligence™ Foundations Certificate · The Self Academy

Awarded on successful completion of the program requirements.

Reserve your seat

Cohorts open quarterly. Seats are intentionally limited so groups remain intimate. To enrol or enquire about upcoming cohorts:

Email: connect@tsacoaching.com

Web: tsacoaching.com/contact

The Self Academy · Empowering Emotional Intelligence, Human Connectedness, and Personal Growth.