Join Michael Grose for a 4-week online parenting course (starts 13 November)

**Parent Well with the Meta-Moment**

Get the skills to be a more effective parent as well as help your kids better manage their feelings and emotions.

**Parent Well with the Meta-Moment** is one of a series of online courses to teach you how to gain mastery over your emotions so you can be successful in all areas of life.

- The Meta-Moment is a practical research-based tool developed by the Yale Centre for Emotional Intelligence
- Retrain your brain to be a better parent so you can always stay cool in stressful situations.
- Learn how to manage everyday stressful situations calmly so you don’t respond with angry outbursts and don’t say things to your kids that you regret later on.
- Help your children stay calm rather than overreact when others tease or taunt them.
- Develop critical greater self awareness of how your thoughts and emotions drive your behaviour, and importantly be able to pass these skills on to your children.
- Downloadable weekly videos, workbooks, learning activities and Facebook Q & A to discuss and answer your queries with Michael Grose.
- A useful tool for carers and teachers who are looking for a great tool to help their students better manage their emotions.
- Suitable for all age groups.

The 4-week **Parent Well with the Meta-Moment** starts on 13 November.

Join now for a **special discount price of $57** (normally $67) to take advantage of FREE access to **Parentingideas Club** before the course starts on 13 November. Use special discount code: METASPECIAL

Or why not join **Parentingideas Club** for $167 (normally $197) annual membership and get access to **Parent Well with the Meta-Moment** plus the CLUB plus 4 more online parenting courses planned during the next 12 months. Use special discount code: METASAVE


Or contact the Parentingideas team 03 59831798  office@parentingideas.com.au