



A Course in Strengthening Family Cohesion

As the world gets seemingly faster, it's more important than ever to remember the **power of the Pause**.

Current research shows students can achieve greater academic success if they have instruction in social emotional intelligence. While schools have made valiant efforts to incorporate social emotional learning into their curriculums, they have proven unsuccessful. Why? The most essential skills for social emotional learning are those best learned outside of the classroom. To ensure our children meet their full potential, parents must become more involved, engaged and attuned.

By investing in the development of greater parental engagement, children will be able to think more creatively, collaboratively, and confidently; be responsible decision makers; and experience meaningful and healthy relationships. How do we do this?

- First and foremost, remember to pause, breathe, focus, and don't forget to smile.
- Open yourself up to some coaching.
- Practice is key, but it will take work.

The Pause Program provides the opportunity for coaching through uplifting and inspiring workshops and coaching sessions.

KEY COMPONENTS OF THE PAUSE PROGRAM

Continued on reverse side.

INDIVIDUALIZED COACHING SESSIONS

There is no secret. You are an expert in your family.

Initial Coaching Session

A two-hour coaching session where the family's Pause Coach will explain the Program, identify key family values, and create a family charter.

Monthly Virtual Coaching Sessions

Virtual monthly meetings with your family coach for 20 minutes to walk you through learning opportunities in family challenges.

Add-on Coaching Sessions

Families have the option of adding on additional 60-minute family coaching sessions.

PAUSE, BREATHE, FOCUS, AND SMILE TECHNIQUE

The Pause, Breathe, Focus and Smile technique allows a person to stop in their tracks before being swept away by their emotions.

MONTHLY GROUP SESSIONS

A 2.5 hour family group session including:

A Mindful Moment

A three-minute group activity that helps us experience the present moment without judgment or fear.

Acknowledgements

The regular practice of acknowledgements can change the climate of your classroom in real positive ways.

A Blank Sheet of Paper and Beginner's Mind Journal Activity

For 5 - 10 minutes participants are encouraged to color, draw, or write on one sheet in their journal.

An Educational Presentation on Social Emotional Learning

A 55-minute presentation weaving in education on one or more topics.

COACH ACKNOWLEDGEMENTS

The family coach uses this opportunity to offer acknowledgements to group participants.

THE LOVING-KINDNESS MEDITATION

Practicing the Loving-Kindness meditation encourages compassion, and fosters a feeling of warmth for oneself and others.

BREAKING BREAD

We will spend 15 -20 minutes sharing a snack. This serves as an opportunity to practice the skills the participants are developing and to enjoy one another.

BEING INTENTIONAL ABOUT HAVING SOME FUN

In the last hour of the program, your family will create lasting memories, laugh themselves silly, smile, and have a ton of fun.

Our children are much more likely to grow into happy healthy adults if we can take in the pause, and focus on fostering positive social development outside the brick and mortar classrooms.

It is time greater responsibility is put on families to promote and support the development of their children.

PAUSE PRICING

\$250.00/month for 2 participants, and \$100.00/month for each additional participant, plus a one-time \$300.00 intake fee.

Duration of the program is one year.

Intake fee is waived if all sessions are paid for up front.

Additional coaching sessions are offered at a rate of \$125.00/hour.