

peaceful parent happy kids

Coach Training Graduation 2025

Transcript of Chat

00:07:19 Dr. Laura Markham: Welcome to our Coach Training Graduation!

00:23:13 Dr. Laura Markham: Acceptance of what is

00:23:39 Dr. Laura Markham: awareness

00:23:47 Dr. Laura Markham: need

00:24:22 Dr. Laura Markham: noticing that something needs to change

00:25:24 Dr. Laura Markham: client needs to feel safe, feel hope

00:26:02 Dr. Laura Markham: witnessing, validation, being seen

00:26:11 Dr. Laura Markham: take away the shame

00:27:01 Dr. Laura Markham: connection and support

00:35:24 Dr. Laura Markham: Coaches: Self compassion, self-regulation, , presence, playfulness, mindfulness