

## Coach Training Session December 2024 - Chat

00:14:28 Dr. Laura Markham: Welcome to the Parent Educator and Coach Training!

00:27:15 Sarah Galea-Pace: Is the FB group for past trainees something that is already set up or something we need to create?

00:27:51 Tianne Watson: It sounded like its already created from past years and we will get a link to join

00:28:37 Sarah Galea-Pace: Replying to "It sounded like its ..."  
Ok thanks. Missed the link bit 🤔

00:29:18 Marta Khader: Hi Sarah, the Facebook Group has already been created. It is called Keep Calm, Connect & Coach Together. Here is a link:  
<https://www.facebook.com/groups/645227710244773>

00:29:32 Zuzana Gelfand: Reacted to "Hi Sarah, the Facebo..." with 👍

00:29:52 Sarah Galea-Pace: Great thank you 🙏

00:31:45 Linnea Petsonk: Any tips for books/articles about this sensory topic?

00:35:07 Marta Khader: Hi Linnea, This articles compiled as a list of resources by parents and coaches who have neurodivergent children and has some great books about sensory processing differences. <https://www.peacefulparenthappykids.com/read/more-kids-resources>

00:35:34 Linnea Petsonk: Replying to "Hi Linnea, This art..."

Oh thank you so much!

00:42:08 Natasha Coombs: Replying to "Hi Linnea, This art..."

Sorry. My connection froze. But it's ok now.

00:47:50 Tianne Watson: What is the facebook live thing that Bharti mentioned from yesterday?

00:49:25 Marta Khader: Summit VIP Pass:  
<https://www.peacefulparenthappykids.com/summit-vip-upgrade>

00:49:25 Sarah Galea-Pace: Wondering about the challenge you mention for January (I think) in yesterday's FB live?

00:49:50 Sarah Galea-Pace: Thank you

00:50:04 Marta Khader: Summit Facebook Group:  
<https://www.facebook.com/groups/pphkcommunity>

00:50:38 Sarah Galea-Pace: Great... thanks

01:08:27 Osk Dagsdottir: To fill my cup

01:08:32 Osk Dagsdottir: 2. Rest

01:09:12 Osk Dagsdottir: 3. Meditation and journaling

01:10:29 Osk Dagsdottir: 4. Letting go of other (adult) people, their journeys and their opinions

01:10:59 Osk Dagsdottir: 5. Taking action towards my dreams and goals

01:11:49 Osk Dagsdottir: Also to finish the parent educator program

01:12:43 Tianne Watson: 5. I need to tell people what I am wanting to do. But I do feel this fear- that if I tell people I know that they will judge me cause they might see my struggles or the struggles I am still having with my kids.... I am trying to overcome that fear.

01:13:15 Eileen Fauver: Reacted to "5. I need to tell p..." with ❤️

## Coach Training Session December 2024 - Chat

01:13:22 Linnea Petsonk: Reacted to "5. I need to tell p..." with ❤️

01:13:25 Xenia Reichelt: Reacted to "5. I need to tell p..." with ❤️

01:13:26 Zuzana Gelfand: Reacted to "5. I need to tell p..." with ❤️

01:13:34 Martyna Hempel: Reacted to "5. I need to tell p..." with ❤️

01:13:35 Osk Dagsdottir: Reacted to "5. I need to tell p..." with ❤️

01:13:38 Khadeeja Zahir: Reacted to "5. I need to tell p..." with ❤️

01:16:44 Osk Dagsdottir: What was the question?

01:21:29 Sarah Galea-Pace: Such a win Minna! Amazing 🙌

01:21:54 Mina Handa: Reacted to "Such a win Minna! Am..." with ❤️

01:22:07 Osk Dagsdottir: Also what was the amazing book

01:22:14 Katharine Talbot: Thank you for sharing that Minna, so fantastic and affirming of meditation!

01:22:26 Eileen Fauver: Reacted to "Such a win Minna! Am..." with ❤️

01:22:28 Osk Dagsdottir: It is bed time so not able to focus fully

01:22:34 Eileen Fauver: Reacted to "Thank you for sharin..." with ❤️

01:22:50 Mina Handa: Reacted to "Thank you for sharin..." with ❤️

01:28:00 Marta Khader: Hi Oak, I think what you're asking about is that Dr. Laura said meditation has transformed her more than any of the numerous books she has read.

01:28:10 Osk Dagsdottir: Reacted to "Hi Oak, I think wha..." with 🙌

01:28:50 Osk Dagsdottir: One of my biggest take away is that even if something is "developmentally" normal or not children need to be met where they are. Also adults <3

01:29:01 Sarah Galea-Pace: Reacted to "Thank you for sharin..." with ❤️

01:39:23 Missy Crotty: I'm sorry I have to go, thank you so much Dr. Laura and all of you!

01:43:37 Osk Dagsdottir: I have a child falling asleep next to me but this had been an amazing training. Thank you Dr Laura and all the others <3

01:48:27 Cecilia Chen: Thank you so much all! Thank you Dr. Laura!

01:48:49 Zuzana Gelfand: Thank you Dr Laura!