

Coach & Educator Training Session September 2024 - Chat

00:05:40 Dr. Laura Markham: Welcome to the Parent Educator and Coach Training!

00:05:50 Linnea Petsonk: Thank you!

00:06:43 Natasha Coombs: Hi I'm Natasha. I'm in Cambridge, UK

00:06:47 Jennifer Ellis: HI! I'm Jennifer Ellis...Zooming in from Santa Cruz, CA!

00:06:54 Ósk Dagsdóttir: Ósk (she/her) from Iceland 😊

00:06:54 Bharthi Kanagaratnam: Hi Im Bharthi from England

00:07:00 Rachel Rosenblum: Rachel, she/her, San Francisco CA

00:07:00 Martyna Hempel: Hi I am Martyna Hempel from Germany but I am Polish :)

00:07:02 Sarah Galea-Pace: Hi I'm Sarah. Zooming in from Malta, Europe

00:07:03 Zuzana Gelfand: Hi, I'm Zuzana from Prague, Czech Republic

00:07:07 Eileen Dickinson: Hello! I am Eileen, she/her. From Connecticut.

00:07:10 Mina Handa: Mina Handa in Moraga, CA

00:07:12 Peggy Toy: Hi I'm Peggy in Maplewood, NJ in the U.S.

00:07:15 Linnea Petsonk: Hi I'm Linnea she/her, Calling in from Sweden

00:07:17 Petronella Sjöö: Hi!

Im Petronella from Sweden and are joining from Poland!

00:07:50 Tianne Watson: Hi- I'm Tianne from San Diego, CA!

00:07:56 Amanda Eastwood: Hi, my name is Amanda(she/her) and I'm from Massachusetts, US

00:08:07 Emma Hostetter: I'm Emma from fishers Indiana

00:08:20 Marta Khader: Welcome Everyone! It's wonderful to see people from all over the world. I'm in New Hampshire, US.

00:11:38 Sarah Galea-Pace: What is the success pack and group call tomorrow about please? How does one get access to attend?

00:12:12 Marta Khader: Hi Sarah, the call tomorrow is called Office Hours. It is a chance to ask Dr. Laura your parenting questions. It is at 4pm EDT.

00:13:23 Marta Khader: Check the Success Path Membership Page to register.
<https://courses.peacefulparenthappykids.com/membership-landing>

00:14:25 Marta Khader: As an Educator/Coach trainee you receive a membership to the Success Path during your training.

00:17:19 Linnea Petsonk: Can we continue with the Success Path after the education ends?

00:18:06 Marta Khader: Beth Peterson: administrator@peacefulparenthappykids.com

00:18:56 Marta Khader: Hi Linnea, Yes! Absolutely! You are more than welcome to remain in the Success Path after the training ends. You would simply pay the monthly fee after the membership ends.

00:19:15 Marta Khader: I'm sorry I mean after the training ends.

00:19:38 Linnea Petsonk: Ok great, thanks!

00:21:53 Marta Khader: Here is the link to the Coach Landing Page:
<https://courses.peacefulparenthappykids.com/coach-training-landing>

00:31:47 Rachel Rosenblum: with respect

00:31:51 Natasha Coombs: With kindness and without judgement.

00:31:52 Marta Khader: How would you like to be treated in this training so that you feel safe and comfortable bringing all of who you are into the training?

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00:31:54 Ósk Dagsdóttir: Listened to, respected, seen (just like the kids)

00:32:03 Missy Crotty: without judgment

00:32:03 Bharthi Kanagaratnam: To be treated with respect and kindness

00:32:08 Martyna Hempel: no judgment

00:32:12 Jennifer Ellis: I'd like to be treated with kindness, compassion, open-mindedness, warmth

00:32:14 Linnea Petsonk: respect, kindness, open minded

00:32:37 Peggy Toy: with respect and kindness

00:32:38 Rachel Rosenblum: warmly and open

00:32:42 Missy Crotty: compassion, without judgement

00:32:43 Martyna Hempel: with kindness and respect, no judgment

00:32:44 Amanda Eastwood: with kindness, support and respect

00:32:50 Jennifer Ellis: with respect, openness, compassion, curiosity

00:32:50 Natasha Coombs: the same - respect, kindness, openness

00:32:52 Linnea Petsonk: All of the above 😊

00:32:54 Xenia Reichelt: without judgement, kind

00:32:54 Eileen Dickinson: No judgement, respect, warmth, love

00:32:55 Khadeeja Zahir: With respect and compassion

00:32:56 Zuzana Gelfand: listen with open heart

00:32:57 Ósk Dagsdóttir: Kindly, encouraging and supportive

00:32:58 Bharthi Kanagaratnam: Compassion and kindness

00:33:41 Marta Khader: Confidentiality

00:34:08 Marta Khader: Holding space for each other

00:34:27 Marta Khader: Responsibility

00:34:51 Marta Khader: Strength-based

00:35:52 Marta Khader: Honoring Diversity

00:37:21 Ósk Dagsdóttir: Cultural values

00:37:44 Marta Khader: Self-compassion

00:38:44 Natasha Coombs: Peaceful PARENTing

00:38:57 Ósk Dagsdóttir: We want to be great parents and help others with that

00:39:28 Ósk Dagsdóttir: We are all here to learn

00:42:46 Ósk Dagsdóttir: Pressure

00:45:38 Xenia Reichelt: eye contact

00:45:40 Linnea Petsonk: Eye contact

00:45:49 Peggy Toy: reflect back

00:45:49 Emma Hostetter: Repeat back what you heard

00:45:50 Rachel Rosenblum: reflecting back what you hear

00:46:02 Natasha Coombs: Repeat back what they've said

00:46:04 Ósk Dagsdóttir: nodding

00:46:16 Ósk Dagsdóttir: Smiling, frowning

00:46:32 Ósk Dagsdóttir: Asking follow up questions

00:46:44 Ósk Dagsdóttir: Empathising with the emotions

00:47:08 Xenia Reichelt: Show understanding

00:47:10 Ósk Dagsdóttir: Words sometimes,

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00:47:16 Eileen Dickinson: Feel what they feel
00:47:19 Peggy Toy: mirror the feelings
00:47:27 Ósk Dagsdóttir: Sometimes just being present and making space for the feelings
00:47:28 Rachel Rosenblum: acknowledge that something is hard/painful
00:47:36 Ósk Dagsdóttir: Not stopping feelings
00:47:43 Jennifer Ellis: not immediately problem solving
00:48:25 Ósk Dagsdóttir: Sharing similar experiences, in moderation
00:49:37 Marta Khader: One thing that I am still working on healing in myself is...
00:49:50 Marta Khader: One thing that I am still working on healing in my parenting is...
01:01:33 Missy Crotty: I hear you Sarah!
01:02:57 Sarah Galea-Pace: Replying to "I hear you Sarah!"
Thank you. Enjoyed sharing with you. I hear you
01:03:02 Sarah Galea-Pace: Replying to "I hear you Sarah!"
Too
01:09:17 Khadeeja Zahir: It gave me the space to verbalise how I was feeling
01:12:21 Tianne Watson: It was easier for me to really listen without being anxious about a response.
01:12:58 Ósk Dagsdóttir: Less
01:13:01 Linnea Petsonk: Less
01:13:01 Natasha Coombs: Less
01:13:14 Peggy Toy: less
01:13:42 Peggy Toy: less
01:13:43 Natasha Coombs: Less
01:13:44 Linnea Petsonk: also less
01:13:49 Ósk Dagsdóttir: Depends on how it is said and how often and much
01:18:46 Eileen Dickinson: I think the silence can make me want to jump in and say more even though I know it's not helpful.
01:19:42 Sarah Galea-Pace: Replying to "I hear you Sarah!"
😊 I'm glad you felt heard. So did I. Thank you
01:20:11 Missy Crotty: Replying to "I hear you Sarah!"

Thank you too:-)
01:24:56 Ósk Dagsdóttir: It was inspiring and just what I needed
01:25:16 Martyna Hempel: Great exercise! Awaken again :)
01:25:40 Jennifer Ellis: It was inspiring to be here and I feel excited to get to know everyone!
01:25:45 Linnea Petsonk: It was very valuable, great start to this!
01:26:10 Amanda Eastwood: I really enjoyed it and learned the impactfulness of "I hear you"
01:27:28 Missy Crotty: I really liked the exercise and I was a little nervous about it at first! It was really great to feel the connectedness

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01:27:51 Cecilia Chen: I couldn't help but said extra encouraging words, and I noticed that it came out of my own need to be more helpful. I will try to remember that less words is sometimes better. :)

01:27:54 Eileen Dickinson: So happy to be here. Excited to learn and get to know you all!

01:28:15 Natasha Coombs: I appreciated the listening exercise and I feel it's set me up to practice listening more and also to ensure that I share my feelings with someone I trust.

01:28:39 Sarah Galea-Pace: I also found the exercise really valuable

01:28:56 Sarah Galea-Pace: Would love to receive a link for the zoom calls please

01:29:35 Xenia Reichelt: It was good to be in the role of the Client and to feel how difficult it is to share something very personal.

01:29:51 Sarah Galea-Pace: I just realised I sent in a time request that may clash with this

01:31:49 Cecilia Chen: Thanks Dr. Laura and thanks to everyone! 💕