

For the past 25 years, Education for Excellence has offered both the Masterful Parenting® Program, a growth and development course for parents, as well as, a blended/online Parent Leadership Academy which licenses Parent Support Personnel (Parent Coordinators, family Workers, Social Workers and Guidance Counselors) to teach the Masterful Parenting Program in their communities. The course supports parents in developing essential SEL life skills that they teach their children by example.

Supported by a MBK grant, from January 23, 2021 thru June 15, 2021 Parent Support Personnel from NYC District 10 and District 85 participated in the Parent Leadership Academy while parents from both Districts participated in the Masterful Parenting course. Highlights from the results of surveying participants of both are as follows:

- **93% of parents and Parent Support Personnel rated the course as *supportive or extremely supportive in their role as parent and/or parent support personnel.***
- **91% rated the information learned as a *positive support in their parenting and family life.***
- **89% demonstrated *improved relationship skill, leadership ability and professional competence in their family support role.***
- **94% said they feel *more competent in their parent support role.***
- **94% Have applied what they learned to their *professional and family life.***
- **93% reported taking more *responsibility for the part they play in the parent/child relationship.***
- **96% reported being better able to connect through *listening, as taught in the course***
- **88% reported *improved communication in their role as parent or family support***
- **93% have reported being better able to *accept, rather than judge, themselves and others.***
- **100% reported being able to better employ *forgiveness and empathy.***
- **93% reported being better able to make strategic *conscious choices* rather than responding emotionally.**
- **91% reported better understanding of the role *self-esteem* plays in life's success**
- **82% reported taking time out to *meditate and/or practice the stress reducing techniques* presented in the course**

Maria Correa. Family Support Coordinator, District 10, who participated in every class said of this course:
“You have to take care of yourself, in order to be able to take care of others. Really listening with your heart is a beautiful thing. We appreciate the work and effort that went into each session and know first hand the benefit of your Masterful Parenting Course. Thank you also for sharing yourself with us and providing a space where meaningful interactions took place. The impact and beauty of this work was sincerely felt.”

More personal feedback from the parent and family support surveys:

"I have more control over my feelings. I can help my child, my families and friends solve their conflicts in a more efficient and mature way." *F.M. Parent Coordinator*

"Acceptance, responsibility, caring and reflecting .This course has changed my way of dealing with life." *N.S. Parent Coordinator*

"I love everything about the instructors, the information and exercises were amazing."

A.B. Parent

"A few things have been valuable, the beginning classes showed me I worry too much, I learned how to send light and love and let go. Other important values learned were listening and applying the listening skills. I am now able to actively listen without rushing to move on to the next task. I have applied this with my family as well as with my professional work. The last value taken is the breathing exercises, in the beginning I was not able to tune into myself, now I am able to let it all go and with the practice I can completely meditate and become one with me which is important for my emotional and physical health." *C.N. Parent Coordinator*

"Loved the instructors the warmth and sincerity of what was taught to us by them."

M.A. Parent

"The course was enlightening in really looking inside of myself as a way of understanding relationship with family in my life." *A.M. Parent Coordinator*

"The most valuable thing I have learned from this course is the importance of actively listening. I am more mindful to quiet myself and distraction to really hear what is being said."

A.C. Parent Coordinator

"I have learned the importance of listening without interrupting and assuming on how to resolve an issue. But instead, to listen so that you can have a better understanding what the other person is going through and can help them effectively. A sense of caring and respect begins to develop. I have also learned to accept people for who they truly are. I realize I can't change other people I can only change myself to be a better me. I also learned that if you have a dream, you should pursue it rather than staying stuck as a survivor. Pursuing your dream, can open doors to many other possibilities." *R.R. Parent Coordinator*

I love the kindness, the patience with which they give us the courses helped us to grow as people. *N.P. Parent*

"The listening portion how to listen with my heart open and my mind quiet. This has already positively impacted my family and work relationships. The forgiveness section taught me that I need to work on that more. Thank you." *M.T. Parent Coordinator*

"In order to be a better self I have to take care of myself. I also love that. It made me reflect, act and change." *D. R. Parent Coordinator*

"Aprendi que para poder ayudar a otras personas primero nesecito buscar ayuda en mis necesidades para poder tener la capacidad de saber como ayudar a los demas, meditar para mantener la calma para poder actuar." *F.S. Parent*

“How you are responsible for how you feel about yourself. I need to better communicate my feelings to others.” *R.T. Parent*

“I have learned to "actively listen". I have learned to accept responsibility when issues arise. The instructor created a comfortable environment where we were able to open up about our life experiences.” *V.W. Parent Coordinator*

“The most valuable thing I learned was that, I cannot continue feeling angry with another of how they treat me because most of the time, if not always, that person is just that way and it’s not really me or that they hate. This is just how the person is and has been probably their entire life. Now I can understand this. I don't think I ever thought of this with past conflicts with people or family members. The breathing was phenomenal and the feeling of letting go and feeling centered help me so much in this training. Really actively listening without thinking of a solution before listening to the entire conversation, or letting my mind go elsewhere.”

B.B Parent

“The instructors were able to listen (actively) and provide support if asked. Everything was clear and expressed in a respectful manner.” *C.N. Parent*

“The most important things I learned from this course is creating a space of trust to engage participants in an authentic way. It's important to validate the feelings of others while holding back judgement. I am thrilled to have been a part of the classes, witnessing my personal growth along with my colleagues and others.”

Carmen Mercado Field Support Liaison District 10