

FAMILY RESILIENCY PROGRAMS

The Family Resiliency programs present a Holistic approach to self-care and stress management for families and professionals serving the general as well as the autistic and special needs population. Along with a foundation in Social/Emotional Learning, the programs employ practical tools based on gentle yoga practice, life supportive nutrition, stress management and ways of attaining a better night sleep so that parents and support personnel can take better care of themselves and, as a result, take better care of those they serve.

For the past 26 years, The Masterful Parenting Training® and Parent Leadership Academy Training, based on principles of social/emotional learning, have been presented to more than 5000 New York City public school parents, parent coordinators and staff.

MASTERFUL PARENTING...Blended/Online

Children thrive socially, emotionally and academically in a healthy home environment. The 10-hour course supports parents in taking better care of themselves through yoga/mindfulness, enhanced nutrition and by developing essential life skills they can **teach their children by example**: skills such as focused listening, assertive communication, peaceful conflict resolution, forgiveness, exercising conscious choice and taking responsibility.

Especially, during these challenging times, parents need all the support they can receive.

CONTENT

- Focus on taking care of yourself first, so you can better take care of those you serve
- Presenting and practicing ways of staying supportive and present during stressful moments
- Teach and practice specific yoga/mindfulness, meditation tools for stress management that can be incorporated into one's daily routine. The gentle yoga based stretching series can be done on a mat or in a chair.
- Keys for practicing life enhancing nutrition and getting a better night's sleep.
- Improves participants' relationships not only with their children, significant other, and extended family members but also with people they interact with in their working environment.
- Improves participants' relationship skills and leadership ability by reinforcing essential life skills such as:
 - Really listening
 - Exercising conscious choices rather than habitual emotional responses
 - Accepting instead of judging
 - Taking responsibility instead of blaming others
 - Having forgiveness and empathy for oneself and others
 - Communicating assertively rather than passively or aggressively

FORMAT

- Six-weekly, two-hour, live/online (Zoom) sessions presented to no more than 25 parent participants presented in English, Spanish or English and Spanish.
- Each week the parent participants will view, at their own schedule, 4 ten-minute presentation videos that relate to the Social/Emotional Learning topic presented at the weekly Zoom session. During the week the parents will have an opportunity to practice these skills with family members along with

implementing yoga practice, life-enhancing nutrition suggestions, and ways of getting adequate sleep information.

- In that the principles presented are universal, the training is relevant for parents, professionals and staff serving of children of any age, ethnicity or nationality.
- Other family members, who have the interest and capacity, can also benefit greatly by participating along with their parents.
- All written online materials (books, handouts, etc.) are available in Spanish as well as English

MATERIALS

- The book *Masterful Parenting* and *El Arte de Ser Padres*
- Yoga, Meditation, Enhanced Nutrition online videos along with 22 Social/Emotional Learning online videos

FACILITATORS



Since 1993, Dr. Marc Rosenbaum's organization, Education for Excellence, has presented social/emotional learning programs to more than 5000 New York City public school parents, teachers and administrators. He has authored the course texts and curriculum guides *Masterful Parenting (the book your parents had read)*, *El Arte de Ser Padres*, *Masterful Parenting (creating meaningful connection with your child)* and *Education for Transformation*.

With 35 years of yoga and meditation practice, Sharon Manner has experience firsthand how yoga helps to reduce stress. For the past 11 years, inspired by parenting a 26 year old daughter with Autism, she has developed and presented programs exclusively tailored to benefit individuals on the Spectrum. To date, Ms. Manner's work has positively impacted the lives of thousands of adults and children throughout the United States and Canada along with more than 150 individuals trained to bring her trainings into their schools and community organizations that serve individual with Autism.

BLENDING/ONLINE PARENT LEADERSHIP ACADEMY

As a way of making the life-transforming Masterful Parenting program available to even more parents, we offer the Blended **Online Parent Leadership Academy**, a “train the trainer” program that the school will own that empowers parent support personnel (Parent Coordinators, Family Workers, Social Workers, Guidance Counselors) from schools and organizations to facilitate the Masterful Parenting Program in their communities.. **Graduates of the Parent Leadership Academy:**

- Develop social/emotional skills such as: focused listening, assertive communication, peaceful conflict resolution, forgiveness, taking responsibility, and conscious choice.
- Improve their relationship and communication skills leading to enhanced leadership ability and professional competence.
- Experience a healthy, less stressful life-style by incorporating life-enhancing nutrition, gentle yoga-based breathing/stretching series and meditation/relaxation techniques into their daily routine. Doing so promotes staying present and more supportive during stressful moments.
- Gain counseling skills that enable them to support, advise and engage parents more effectively.
- Assist in creating a culture of excellence in their individual school
- **Are certified to turnkey and skillfully present the Masterful Parenting Training to parent participants in their community.**

FORMAT

- Presented to 8-18 Parent support personnel (parent coordinator, family worker, social worker, guidance counselor) representing various schools and organizations
- Each week for six weeks the participants will view 4 ten-minute presentation videos at their convenience
- Eight weekly live/online video conference sessions presented to cohorts of no more than 18 parent support participants
- Upon successful completion, the parent support personnel will receive the English and Spanish Masterful Parenting Power Point presentations that they will use in facilitating the programs to parents in their community

CONTENT

- During the first five sessions each participant will complete the 12-hour Masterful Parenting Training® (see Masterful Parenting offering above) that they will eventually facilitate to their school’s parents.
- Along with the video based social/emotional learning component the Parent Coordinator the participants will receive live instruction along with videos used to present nutritional information, a gentle yoga-based breathing/stretching series* and meditation/relaxation techniques that will support the Parent Coordinator in facilitating the Masterful Parenting Training®.
- During the final three online sessions, the Parent Coordinator will learn how to facilitate the Masterful Parenting Training®.

MATERIALS

- Facilitator's instructional Power Point presentations
- Five Presentational Power Point presentations in Spanish and English to be used in the Masterful Parenting Training sessions
- Yoga/stretching instruction manual
- Yoga, nutrition and meditation/relaxation videos
- Facilitator's Instructional Manual
- The book and course text, *Masterful Parenting...Creating meaningful connection with your child*
- A certificate is awarded to each participant upon successful completion

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**SELF-CARE AND RESILIENCY PROGRAM FOR PARENTS AND STAFF SERVING THE
AUTISTIC/SPECIAL NEEDS POPULATION...Blended/Online**

Being a parent or staff member serving individuals on the Autistic/Special Needs population can be one of the most challenging endeavors a person can undertake. Employing practical tools based on principles of yoga, mindfulness and social /emotional learning, this program teaches practical ways the parents and support personnel serving the Autistic/Special Needs population can take better care of themselves and the children they serve.

CONTENT

- Focus on taking care of yourself first, so you can better take care of those you serve
- Improves participants' relationship skills and leadership ability by reinforcing essential life skills such as: focused listening, communication, forgiveness, taking responsibility and conscious choice.
- Teaching and practicing specific yoga/mindfulness tools for stress management that can be taught to others and incorporated into one's daily routine.
- Suggestions for practicing life enhancing nutrition.
- Tools and techniques to support individuals with ASD to enhance self-regulation especially during times of high anxiety and meltdowns.
- Presenting and practicing ways of staying supportive and present during stressful moments.
- Addresses many of the challenges that the parents and caregivers encounter such as:
 - Proper nutrition and the avoidance of certain foods
 - Circumstances and events that may trigger their child's anxiety
 - Communication challenges with your child and other family members
 - Sleep deprivation

Along with many of the additional unique challenges that parents and staff serving individuals with Autism encounter:

- Accepting the child's limitations and at the same time envisioning greater possibilities for the future
- Moving from Survive to Thrive, looking to the future with faith and optimism
- Understanding and accepting other people's attitudes towards an individual with Autism
- How you relate to the issue of supporting an individual with Autism
- Specific techniques to support and enhance self-regulation especially during times of high anxiety and meltdowns

FORMAT

- Presented to parents and staff that serve the Autistic/Special Needs population
- Six-weekly live/online (Zoom) sessions presented to no more than 18 parent participants.
- Each week the parent participants will view, at their own schedule, 4 ten-minute presentation videos that relate to the Social/Emotional Learning topic presented at the weekly Zoom session. During the week the parents will have an opportunity to practice these skills with family members along with implementing yoga practice, life-enhancing nutrition suggestions, and ways of getting adequate sleep information.
- In that the principles presented are universal, the training is relevant for parents, professionals and staff serving of children of any age, ethnicity or nationality.

- Other family members, who have the interest and capacity, can also benefit greatly by participating along with their parents.
- All written online materials (books, handouts, etc.) are available in Spanish as well as English

MATERIALS

- Yoga, Meditation, Enhanced Nutrition online videos along with 22 Social/Emotional Learning online videos
- The book *Masterful Parenting* The book and course text, *Masterful Parenting...Creating meaningful connection with your child*

FOLLOW UP

Once the training is completed, as a way of reinforcing the lessons presented during the program, a bi-weekly newsletter with a relevant quote from the *Masterful Parenting* book and practical life-enhancing yoga suggestions will be emailed to the participants.

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