

Awaken the Parent Within

(Proven 5E Model-Based Modern Parenting Course)

This is the SIGNATURE Course of Calm Mind Academy – A Proven 5-Step Transformational Model for Parents!

- In today's world, **parenting is no longer just about discipline or instructions** – it is a **scientific, psychology-based, and NLP-supported approach** that ensures your child's **mental strength, emotional regulation, and future success**.
- **"AWAKEN THE PARENT WITHIN"** is **India's first and only modern 5E hybrid parenting course**, structured into **13 in-depth sessions**, helping parents strengthen emotional connections with their children, overcome challenges, and prepare for the future.

What Makes This Course Unique?

5 Key Differences Compared to Other Parenting Courses in India

1. India's Only Proven 5E Model-Based Parenting Course

- ✓ This course follows the **5-Step Framework: "Engage – Explore – Explain – Elaborate – Evaluate"**, guiding parents through a **step-by-step structured process** to develop better parenting strategies.
- ✓ Unlike many courses that focus only on theory, **this course ensures real-life application of effective parenting strategies**.

2. A Unique Blend of Modern Psychology, NLP & Mindfulness

- ✓ Unlike traditional parenting programs, this course integrates **Neurolinguistic Programming (NLP), Cognitive Behavioral Therapy (CBT), Acceptance & Commitment Therapy (ACT), and Mindfulness** for a **scientific and transformational approach**.
- ✓ You will learn **how to understand your child's emotional signals, reframe negative thoughts, and improve your relationship with them**.

3. 13 Deep-Dive Sessions – Customized for Indian Parents

- ✓ Most courses focus **only on general discussions or webinars**, but here, **each session provides practical tools and hands-on training**.

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✓ These 13 detailed sessions cover teen psychology, emotional intelligence, career guidance, digital addiction management, and parental stress management, addressing modern challenges Indian parents face.

4. In-Depth Stress Management & Parental Emotional Control

✓ While most courses focus **only on a child's behavior**, this course emphasizes **parents' mental well-being and emotional stability**.

✓ You will learn **how to handle common parent-child conflicts**, regulate your emotions, and provide compassionate guidance to your child.

5. Premium Learning Tools & Action Plans for Real-Life Application

✓ Each session comes with **practical workbooks, NLP scripts, Parenting Style Self-Assessments, and Real-Time Action Plans**.

✓ Special resources include a **7-day Parenting Journal, Monthly Progress Evaluation Sheets, and a Stress-Free Parenting Blueprint** to help parents develop new, positive habits.

How Will the 5E Model Transform Parenting?

- **Engage (Self-Reflection & Awareness):** Understand your **current parenting style, emotional triggers, and behavioral habits**.
- **Explore (Deep Learning):** Learn **how your child's psychology, emotions, and cognitive development work**.
- **Explain (Scientific Strategies):** Discover **research-backed techniques to improve your parenting style**.
- **Elaborate (Practical Implementation):** Gain **real-life practice through guided exercises and case studies**.
- **Evaluate (Sustainable Growth):** Develop a **long-term strategy to sustain positive parenting changes**.

E1: Engage – Course Introduction & Objectives

Course Objectives:

- Teach parents the principles of conscious parenting.
- Explain the differences between modern and traditional parenting.
- Help parents self-analyze their emotions, behaviors, and parenting styles.

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- Show the importance of parents in a child's emotional and psychological growth.

Sessions: Key Topics Covered

Session 1: The Foundations of Modern Parenting

Session 2: Emotional and Psychological Growth of Children – How to Build Emotional & Social Skills

Session 3: Parental Self-Awareness & Emotional Control

Expected Outcome:

- ☑ Parents will understand their current parenting style and the importance of emotional control.
- ☑ They will gain in-depth knowledge of parenting psychology and emotional intelligence (EQ).

E2: Explore – In-Depth Parenting Exploration

Course Objectives:

- Make parents aware of brain development, emotional intelligence, and social skills in children.
- Explain scientific methods for shaping a child's personality and emotional regulation.
- Teach parents how to build a strong relationship with their children.

Sessions: Key Topics Covered

Session 4: Teaching Emotional Skills & Self-Regulation

Session 5: Positive Discipline – Guide, Don't Control

Session 6: Understanding Teen Psychology

Expected Outcome:

- ☑ Parents will gain a complete understanding of children's mental and emotional development stages.
- ☑ They will learn scientifically backed techniques to manage negative behavior.

E3: Explain – Structured Parenting Framework

Course Objectives:

- Teach structured and positive parenting principles.
- Explain how to enhance emotional intelligence (EQ) in children.
- Provide practical tools to build deep parent-child connections.

Sessions: Key Topics Covered

Session 7: Creating Healthy Parent-Child Connections & Stress-Free Parenting

Session 8: Understanding EQ (Emotional Quotient) & IQ (Intuitive Quotient) – 5 Steps to Growth

Session 9: Career Psychology & Preparing Children for Independence

Expected Outcome:

- ☑ Parents will develop structured techniques to emotionally and socially strengthen their children.
- ☑ They will learn how to enhance their child's emotional regulation and problem-solving abilities.

E4: Elaborate – Real-Life Implementation & Advanced Training

Course Objectives:

- Help parents apply learned parenting strategies in real life.
- Teach techniques for managing emotional crises and stress in children.
- Show how parents can create a healthy and emotionally balanced family environment.

Sessions: Key Topics Covered

Session 10: Understanding Career Coaching & The Indian Career Landscape

Session 11: Career Planning – When & How to Start in a Competitive Country like India

Session 12: Career Readiness & Future Planning for Children

Expected Outcome:

- ☑ Parents will learn how to practically apply parenting techniques in everyday life.
- ☑ They will learn career planning strategies, stress management, and digital parenting.

E5: Evaluate – Evaluation & Long-Term Parenting Success

Course Objectives:

- Help parents evaluate their learning and assess progress.
- Assist in creating a long-term sustainable parenting plan.
- Provide techniques for ensuring long-term success for children.

Sessions: Key Topics Covered

Session 13: The Ultimate Parenting Masterplan 360 degree – Strategies for Long-Term Success

Expected Outcome:

- ☑ Parents will evaluate their learning effectiveness and refine their parenting strategies.
- ☑ They will establish a healthy, positive, and strong parenting system in their family.

This is not just a parenting course – it is a scientific, effective, and structured approach that transforms parenting skills for a lifetime!