

## Heart to Heart Families: Starter Class

### **Course Title:**

*The Heart of Resilience: Nurturing your child's self-understanding, self-compassion and emotional intelligence while caring for your own needs.*

### **Description of Basic Approach:**

The Heart to Heart Families *Starter Class* brings a holistic approach to understanding your child's behaviors and gives you the tools and awareness to address situations with far more clarity about what's important to you and what's a fit for everyone involved. This pilot program is based on the Nonviolent Communication (NVC) approach of Communication for Connection, a teaching style developed over the past decade of extensive work with parents and educators by our lead Families trainer Filipa Hope. Filipa is an international parent educator whose unique blend of child development and Nonviolent Communication provides a framework of growth for you and your child.

Join [Heart to Heart](#) with Filipa as she guides you through the process of building relationships based on compassion, connection and trust with your child. You will also develop an awareness of language that builds connection, collaboration, empathy, and empowerment.

*"A well delivered, empowering, encouraging and engaging workshop, that will profoundly affect my quality of life." - Father*

*"As a result of this learning I can avoid the use of punishment at home and begin to find new strategies which meet my son's needs and my own. I can see my son's behaviour as an expression of his needs and respond from a place of non-judgment." - Mother*

### **You'll Experience:**

- An opportunity to add significant skill to your toolbox for yourself and your family
- Reduced parenting stress and a sense of satisfaction in your parenting choices.
- Greater cooperation, harmony and enjoyment in your family!
- Learning in a supportive community with opportunities to continue skills practice

### **Course Dates:**

*7 consecutive weeks on Thursdays from 1-3pm EST. Jan. 28th - March 11, 2021.*

**Cost:** \$425 for first parent; \$350 for second parent.

[ [Course Details](#) ]

[ [Register](#) ]

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### **What does the course cover?**

In this course, you will learn practical tools that, used together over time, will build closeness and cooperation with your child while developing and modeling skills for life.

### **You will learn tools to:**

- Look beyond behaviors to respond your child's needs rather than react to their behaviour
- Increased ability to handle stressful situations with a calm presence.
- Create an environment where children feel heard, valued and supported, even when you're saying 'No'
- De-escalate conflict while building trust and connection
- Cultivate internal motivation to encourage cooperation rather than developing dependency on rewards or compliance to avoid punishment
- Develop your child's emotional intelligence
- Respond to self-disappointment with understanding and care rather than inner criticism - growing ability to model empowering self care
- Understand and communicate limits with confidence and empathy
- Say 'No' without feeling guilty
- Cultivate an empowering relationship with all emotions and new confidence to support intense reactions.
- Balance your needs with the needs of others
- Move from reactivity to responsiveness
- Discover blind spots in the use of language that keeps us trapped in habitual stereotypes, bias and limiting beliefs.

### **More about Filipa:**

Filipa Hope is the parent of 18 year old and 20 year old daughters. A native of New Zealand, she lived in American Samoa until age 7 when her family relocated to Southern California where Filipa lived for 21 years. Filipa returned to New Zealand at age 28. Since 2015 Filipa has been supporting Nonviolent Communication programs in the US with in-person visits every 6 months. She is now working internationally online including joining Heart to Heart and bringing her work to launch the Families program, with the opportunity to support many more parents and educators - in service of all our children and generations to come.

One of Filipa's underlying perspectives and motivations behind her life work is *'People don't need to be saved or rescued, they need knowledge of their power and how to access it'*.

Nonviolent Communication has been a blessing for helping her discover this in herself, and grow to enable sharing these essential life skills in empowering ways for others.

**What parents have to say about Filipa and the Foundations class:**

*“Please bring Filipa back. Excellent, challenging, powerful learning. Thank you. Thank you. Thank you.” - Mother*

*“This course allowed participants to reflect on their emotional state and define what they are ‘needing’ to feel whole and complete.” - Mother*

*“I have been strengthened to be calmer and more in tune with myself - see how judgments do not address needs.” - Father*

*“Thank you so much. An amazing workshop – growing strong in myself!” - Mother*

*“I am strengthened in ways to interact that are positive, empowering, non-judgmental and based on observations.” - Mother*

*“This workshop was amazing – I developed such personal growth not only as a teacher but as a mum, partner, and member of a community.” - Mother*

*“I feel a major shift... Going from blame, fight, flight, freeze to understanding, connection and presence. We will definitely be able to love our babies more. Thank you. I feel empowered, optimistic, secure, excited, restored, grateful!” - Mother & Preschool Director*

**FAQ/Questions:**

- *What is the Starter Class? How is it presented?*
  - This is the foundation course for Heart to Heart Families. Through this 7-week class you will learn skills and awareness with: use of communication that enhances understanding and connection, and the habitual use of language creates disconnection and stimulates reactivity. Delivered live online via Zoom, the classes are presented in 2-hr sessions. Once you have registered and paid you will receive an invitation to the Zoom calls.
- *What do I need in order to access the class?*
  - You will need high speed internet access to participate in the Starter Class, as well as access to a printer for printing handouts and pen and paper. It helps if you can organize some dedicated child-free time for the 2-hour sessions.
- *How much does it cost?*
  - 1st parent - \$425; 2nd parent - \$350.  
(Repeating participants will receive a 50% discount.)  
\*\*\*Please contact Heart to Heart to inquire about scholarships if the cost is prohibitive. [janderson@heart2heartinc.org](mailto:janderson@heart2heartinc.org).

- *Who is the class for?*
  - Fathers, Mothers, and other caregivers of children.
  
- *What ages of children does it apply to?*
  - The Heart to Heart Families tools work with all ages of children as well as adults.
  
- *How long is the course?*
  - The Starter Course runs for 7 weeks.
  - Dates: Thursdays from 1-3pm EST. Jan. 28th - March 11, 2021.
  
- *Will there be opportunities to further learning after the course?*
  - YES! Opportunities to continue learning include:
    - Creating or joining an ongoing practice group for mutual support among parents and caregivers
    - Additional classes and learning opportunities are available to those who complete the Starter Class.
  - \*\*Additional details on continuing your learning will be provided during the class.
  
- *How do I register?*
  - [ Register ]**