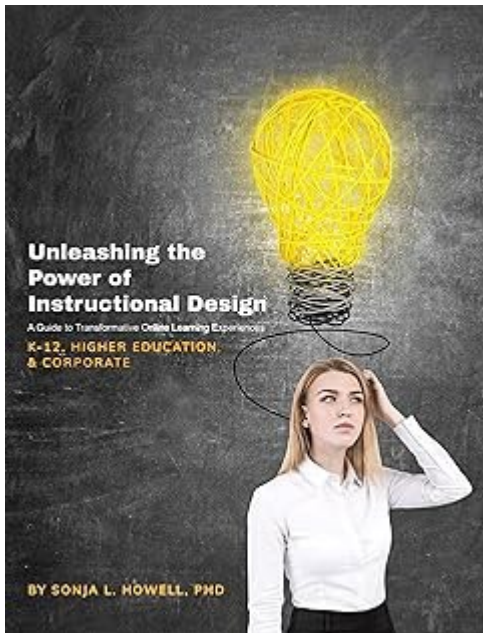
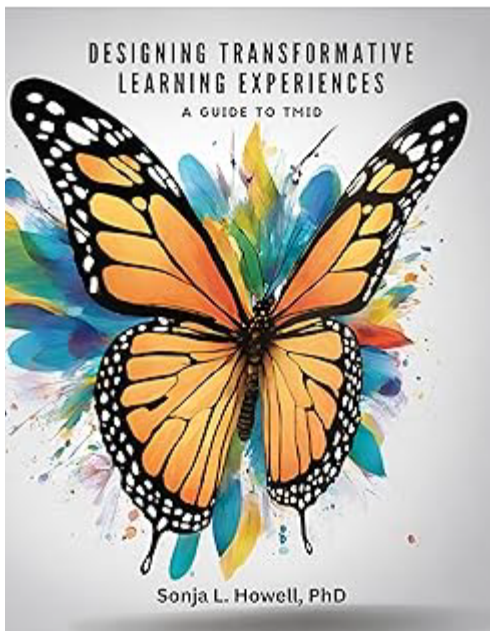


Unleashing the Power of Instructional Design: A Guide to Transformative Online Learning Experiences



Integrate the Transformative Mindset Instructional Design (TMID) throughout the activities outlined in this book, which are tailored to complement both the "The Power of Instructional Design for Beginners" course and the "Instructional Design Certified Educator (IDCE) Program." Illuminate your instructional approach by exploring fundamental concepts through advanced strategies guided by this comprehensive manual. Navigate seamlessly through topics such as course creation, assessment design, and online engagement strategies, with each chapter expertly blending theory with practical application to enrich your understanding and skill set in crafting dynamic learning experiences. Equipped with essential tools like the instructional design roadmap and the instructional designer checklist, complemented by engaging activities and checkpoints, you'll immerse yourself in the art and science of instructional design, igniting learners' power to shine brightly in any educational context.

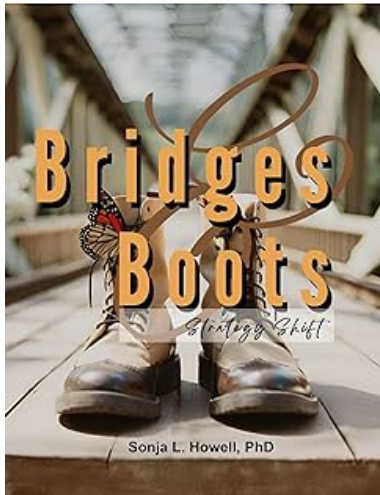
Designing Transformative Learning Experiences: A Guide to TMID



"Designing Transformative Learning Experiences: A Guide to TMID" offers a comprehensive framework for crafting impactful educational programs founded on empirical evidence. Drawing on the Transformative Mindset Instructional Design (TMID), this workbook provides practical strategies and tools for designing courses that promote profound learning and behavioral change. Clear guidance and actionable steps empower educators to create dynamic learning environments that inspire growth and transformation.

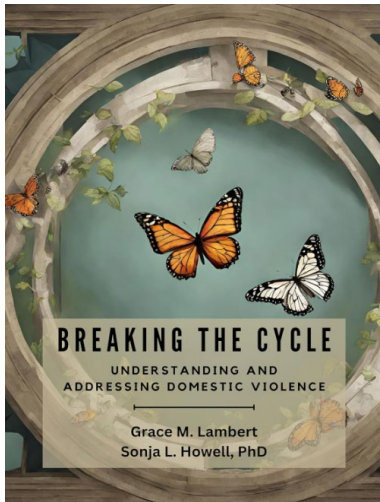
Sonja L. Howell, PhD Phone: 517-431-3000
Amazon: <https://www.amazon.com/stores/author/B0CR5HK4PC>
Website: TranquilParenting.com and TranquilStudio.org

Bridges and Boots: Strategy Shift



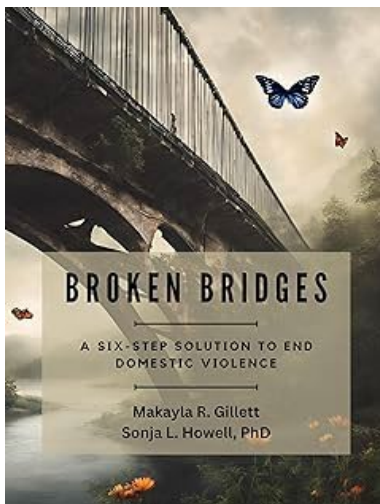
Experience the profound shift offered by Bridges and Boots—a transformative mindset pathway guiding individuals through the cycle of healing. As you lace up your boots, symbolically reclaim your power and embrace a future illuminated by strategic resilience. Dr. Howell's 2022 case study provides foundational insights, shaping this innovative approach to building bridges. Join our supportive community on this journey from surviving to thriving, step by step, toward newfound strength and empowerment.

Breaking the Cycle: Understanding and Addressing Domestic Violence



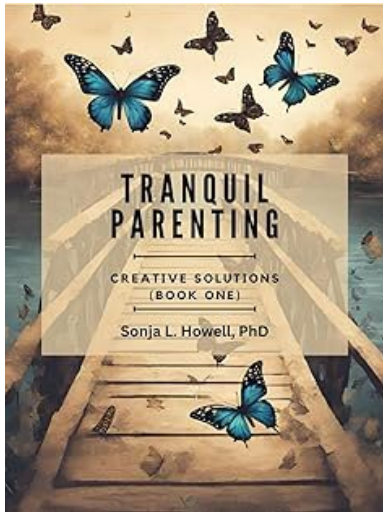
This book offers a holistic approach to aiding both survivors and abusers in their path toward recovery. Through the innovative Effective Action Plan outlined within, readers will find invaluable resources, including a 10-step safety plan, a 10-step recovery plan, and a 12-step anger management plan, designed to empower individuals to break free from the cycle of abuse and rebuild their lives with confidence and resilience. Additionally, the book incorporates a range of activities and techniques from the transformative mindset instructional design (TMID), providing comprehensive tools and strategies to navigate toward empowerment and lasting change.

Broken Bridges: A Six-Step Solution to End Domestic Violence



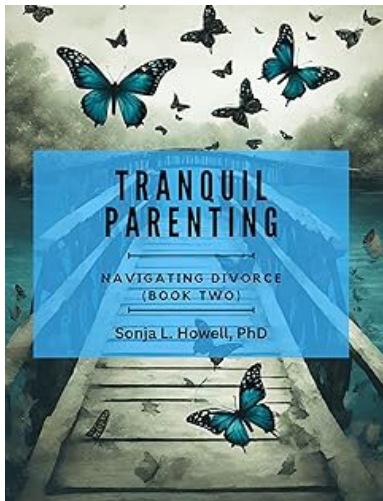
Discover the unfiltered accounts of parents courageously sharing their needs and experiences. Explore shortcomings of existing support systems. Begin transforming your organization with the Bridges of Change process, a six-step solution to end domestic violence. Help rebuild bridges within communities. This book serves as the comprehensive documentation of the findings from Dr. Howell's 2022 embedded single case study up until now, focusing on aspects that delineate what did not work, particularly in support systems, and what needs to change.

Tranquil Parenting: Creative Solutions



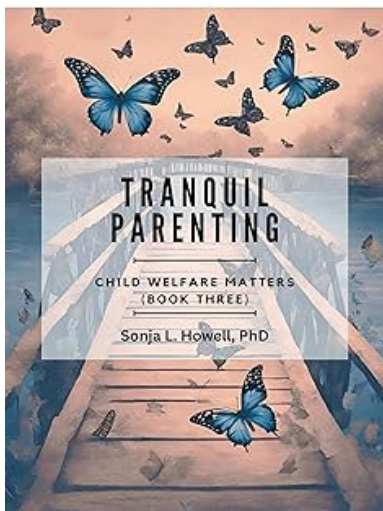
Experience the transformative power of Tranquil Parenting with our comprehensive guide, the primary resource used for our program, designed to foster harmonious family dynamics and nurture positive parent-child relationships. Developed by Dr. Sonja L. Howell, Tranquil Parenting offers a revolutionary approach centered on cultivating calmness, empathy, and understanding in family interactions. Grounded in mindfulness, emotional intelligence, and positive discipline principles, our methodology prioritizes creating a nurturing and supportive environment where children feel valued, respected, and emotionally secure. Through effective communication, active listening, and conflict-resolution skills, parents learn to navigate challenges and promote open dialogue, mutual respect, and empathy. Our approach encourages solid parent-child bonds and enhances the holistic well-being of parents and children. Whether facing everyday parenting struggles or seeking to improve your family's dynamics, Tranquil Parenting provides the tools, insights, and support you need to thrive.

Tranquil Parenting: Navigating Divorce



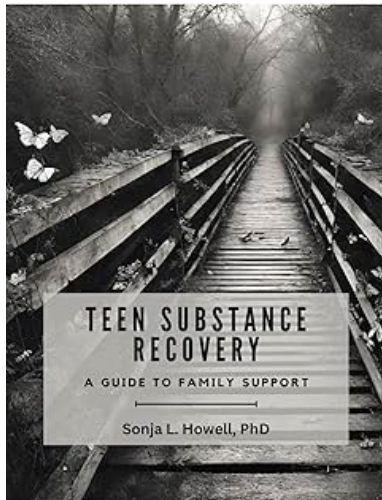
View techniques to help you within the complex world of post-divorce parenting. This insightful guide shares gripping case studies and explores the spectrum of co-parenting styles from harmonious collaboration to destructive conflict, shedding light on strategies for fostering healthy dynamics and safeguarding children's well-being utilizing TMID interventions for divorcees. A must-read for divorcing parents, legal professionals, and mental health practitioners navigating the challenges of co-parenting in the aftermath of separation.

Tranquil Parenting: Child Welfare Matters



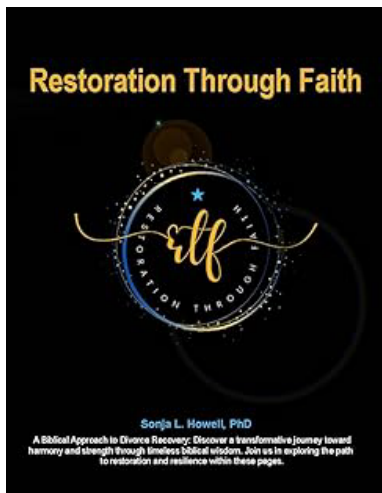
"Tranquil Parenting: Child Welfare Matters" offers practical strategies and insights for creating a nurturing environment for children and prioritizing their well-being. Dr. Howell emphasizes compassion, kindness, and support, always mindful of the Best Interests of the Child. Parents will learn to create a personalized Child Welfare Support Plan to address their family's unique needs. Practical activities.

Teen Substance Recovery: A Guide to Family Support



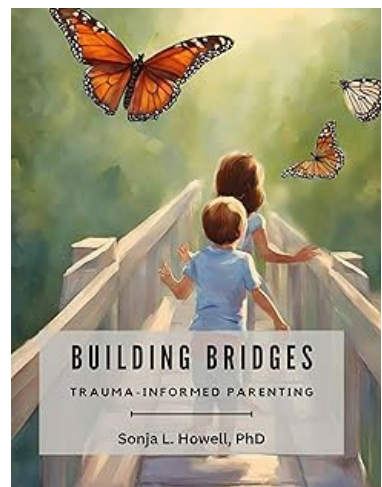
Within these pages lie the "Supportive Arches," six fundamental pillars essential for families navigating the complex terrain of teen substance abuse and recovery. From laying a sturdy foundation of trust and open communication to guiding with empathy and setting boundaries, these pillars offer a pathway to resilience. Embracing adaptable parenting, community support, and empowerment through positive reinforcement, this comprehensive guide equips families for the journey. As a critical bridge, mentoring serves as the sixth arch, intertwining parental mentorship with inspiring examples, offering guidance crucial for navigating the challenges of recovery within the family dynamic. Discover these six pillars—the framework for fostering understanding, resilience, and support—leading families towards sustained recovery and well-being. Methods used in this book are the Transformative Mindset Instructional Design (TMID) and the Transtheoretical Model (TTM).

Restoration Through Faith: A Biblical Approach to Divorce Recovery



Unlock the power of faith in parenting with "Restoration Through Faith." Dr. Sonja L. Howell, a dedicated educator and Ph.D. in Education, reveals an innovative, faith-driven approach to family resilience. In this transformative guide, discover eight biblical steps meticulously crafted to navigate divorce, enhance coparenting, and fortify family bonds. This insightful journey offers timeless wisdom, empowering parents with practical tools, biblical principles, and renewed connections. Uncover a path to improved relationships, resilience, and a deeper bond with God. This book is your guide to lasting peace and transformational family dynamics. This book may be read as a stand-alone or accompany the Restoration Through Faith course at TranquilParenting.com.

Building Bridges: Trauma-Informed Parenting



Explore Building Bridges: Trauma-Informed Parenting, a transformative guide that navigates the intersection of journaling, self-care, and resilience-building. Dr. Howell unveils innovative strategies for understanding, reflecting, and nurturing holistic well-being in caregivers, parents, and children alike. This groundbreaking exploration equips parents with tools to cultivate profound connections with their children through engaging activities, creative solutions, and collaborative T-IPS plan creation. The journey towards healing within these pages is authored by Dr. Sonja L. Howell, the founder of the Transformative Mindset Instructional Design (TMID).