HBCC partnership with UrDiscovery Parent Club: Understanding & Quieting Your Inner Critic: to stay regulated through the stress of raising a challenging child

Course Instructor:
Lisa Pierro
ICF Accredited Coach
CPS® Trained
Positive Intelligence© Trained
Mother of 3

Wednesday Nights
Starting June 5, 2024
On-going
6/5, 6/12, 6/19, 6/26,
7/3, 7/10, 7/17, 7/24, 7/31

Time: 6:30-8:30

Location: In Person
145 W. Main Street, Suite 210
Tustin, CA 92780

Questions: Coach Lisa
714.660.3567

Drop ins Welcome
Self-supporting through donations
Donations welcomed

Sign up on the website:
https://urdiscovery.com/work-with-me

Weekly Wednesday Night Support Club

- Do you find yourself in defensive mode in your home?
- Feeling like you don't measure up, could've done better?
- Do you feel as though you are chronically criticized by your children, your partner and those around you?

The process of understanding and quieting your inner judgement has been shown to *reduce stress, allow for improved communication, to hear and be heard* in communication.

If you are ready to understand the triggers in yourself, learn how to stop judging yourself and others, learn to hear through love and give the benefit of the doubt to respond with compassion, then this is the club for you.

Walk with **Coach Lisa** and be guided to bring yourself peace from within, practicing together so when it is really needed, *in the heat of the moment*, you are ready, and it comes naturally!

Each week will consist of a short presentation which will be followed by discussion related to the presentation.

What to expect to be covered:

- Meet the Inner Judges
- Triggers and your Inner Judge
- Understanding the role of your Inner Judge in your life
- Techniques to integrate and quiet the Inner Judge
- Self-regulation that brings calmness
- Techniques to reduce stress in the moment and learn to communicate what is needed, to hear and be heard

Begin anytime!
Just be sure to Begin.. space is limited!