

PUT THE

**POP!**

IN PARENTING OUR CHILDREN

**PATIENCE  
OPTIMISM  
PERSEVERANCE**

with  
*Lisa Kops*  
[www.lisakops.com](http://www.lisakops.com)

The P.O.P. (Patience, Optimism and Perseverance) Program is a guided 8-week journey designed to help parents build deeper, more respectful and more loving relationships with their children. Created and led by parenting coach, Lisa Kops, this program offers practical strategies for communication, emotional empowerment, identify support and compassionate discipline.

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**WEEK 1**

**COMMUNICATING** EFFECTIVELY WITH OUR CHILDREN

LEARN STRATEGIES FOR CLEAR, OPEN COMMUNICATION TO CONNECT WITH YOUR CHILD.

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**WEEK 2**

**HELPING** OUR CHILDREN THRIVE

EXPLORE WHAT IT TRULY MEANS TO OFFER SUPPORT AND GUIDANCE AS THEY GROW AND LEARN.

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**WEEK 3**

**IDENTIFYING** AND HONORING PERSONAL AND CHILD IDENTITIES

HOW TO NURTURE YOUR OWN PERSONAL IDENTITY WHILE RESPECTING AND FOSTERING YOUR CHILD'S INDIVIDUALITY.

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**WEEK 4**

**LOVING** OUR CHILDREN UNCONDITIONALLY

DISCOVER PRACTICAL WAYS TO EXPRESS LOVE AND AFFECTION IN A WAY THAT YOUR CHILD FEELS IT.

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**WEEK 5:**

**DISCIPLINE** WITH COMPASSION AND CONSISTENCY

LEARN HOW TO ESTABLISH BOUNDARIES WHILE MAINTAINING RESPECT AND EMPATHY.

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**WEEK 6:**

**RESPECTING** AND GAINING RESPECT FROM OUR CHILDREN

STRATEGIES FOR EARNING YOUR CHILD'S RESPECT AND SHOWING THEM THE SAME IN RETURN.

**E**

**WEEK 7:**

**EDUCATING** AND EMPOWERING OUR CHILDREN

THE BEST APPROACHES TO TEACHING AND EMPOWERING YOUR CHILD TO THRIVE ACADEMICALLY, SPIRITUALLY AND EMOTIONALLY.

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**WEEK 8**

**NOW** IS THE PERFECT TIME TO IMPLEMENT POSITIVE CHANGE!

ONLY  
**\$600**  
that's  
\$75 a class!

The P.O.P. Program is offered virtually and can be delivered in person for schools, community centers or organizations upon request. Whether you're a parent or a professional working with families, this outline gives you a sneak peak at the heart of our approach.

**FOR MORE INFO OR TO REGISTER:**

[lisakops.com](http://lisakops.com)

[coachlisakops@gmail.com](mailto:coachlisakops@gmail.com)

**WE OFFER SEVERAL TIME OPTIONS  
TO FIT YOUR SCHEDULE!**