

THE CALM PARENT PLAYBOOK

PARENT & FAMILY TRAINING SERIES

LEAP COACHING SOLUTIONS
(501) 60-COACH
BESMARTINMYHEART.COM

Parent & Family Training Series

**Based on your EI levels, family
relationships, and practical tools**

Series 1: The Family Emotional Playbook

Play Your Position: Parenting with Purpose

Can I Walk a Mile in Your Cleats? Parenting with Love Languages

Victor or Victim: Teaching Resilient Thinking to Kids

The Choosing Power: Helping Kids Make Wise Choices

What a Character! Building Emotional Integrity in the Home

The Lion's Courage: Raising Confident, Kind Children

Series 2: Home Court Advantage – Building Family Harmony

Half Full Mindset: Nurturing Optimism at Home

EQ at the Dinner Table: Conversations that Build Hearts

The Emotional Playbook for Siblings: Turning Rivalry into Respect

Game Time: How to Use Sports to Teach Life Skills

From Meltdown to Mindful: Calming Strategies for Parents and Kids

Parenting Through Change: Divorce, Relocation, and New Beginnings

Series 3: Love Languages & Lasting Bonds

DISC in the Family: Understanding Your Child's Personality Style

Love Languages for Little Learners

Words that Win: Encouragement vs. Criticism in Parenting

Healthy Boundaries for Happy Families

Parenting as a Team: Aligning with Your Co-Parent

Series 4: Raising Royalty – The Queen & King Builder Series

Positive Queen Parenting: Tools for Mothers and Daughters

Raising Boys into Men of Integrity

Raising Girls into Women of Confidence

Faith + Feelings: Using Biblical Wisdom for Parenting Decisions

Point Guard Parenting: Leading Your Family with Vision