

Equipping Parents to Thrive: how Buddhism can transform parenting

presented by
Penny Fenner and Kellie Edwards

Today's challenges for parents are ever increasing and changing. At this workshop Penny and Kellie will show how application of four key Buddhist principles: mindfulness, emotional regulation, awareness of beliefs and activation of loving-kindness help parents and children. The workshop will be informative, experiential and engaging, leading to greater knowledge, confidence in using Buddhist techniques and a personal sense of deeper ease and openness. Together Penny and Kellie bring to the day decades of Buddhist and psychological knowledge, facilitation, coaching and therapy experience.

- Learn how Buddhism and Mindfulness are critical for effective parenting
- Experience several practices / techniques for use yourself and with your clients
- Recognise and work with the power of beliefs in shaping and altering the parenting experience
- Learn concrete ways to manage the emotional regulation systems of the brain
- Discuss your professional or personal parenting challenges, receive guidance and feedback from experienced facilitators and learn from colleagues.

Whether you're a practitioner working with parents needing support or experiencing the challenge of parenting personally, this workshop will equip you with valuable information, skills and direct experience of Buddhist and Mindfulness principles and practices to use in your life and with your clients.



KELLIE EDWARDS is a psychologist and mindfulness teacher who recently developed an online well-being program for mothers called Mindfulness 4 Mothers, combining interviews with experts in mindfulness and well-being psychology such as Rick Hanson, Tara Brach, Sarah Napthali, Polly Young-Eisendrath and more, with guided mindfulness practices (www.mindfulness4mothers.com). Kellie has a corporate leadership development and change management coaching background. She has written for Huffington Post and in her private practice Kellie works with individuals, couples and groups.

PENNY FENNER is a psychologist and leader in the integration of Buddhism in the west. In her coaching, therapy, workshop and retreat work in Australia and overseas for over 25 years she has made the essence of Buddhist wisdom accessible and relevant for healing and life fulfilment. (www.skilfulaction.com). Penny's writings include *Essential Wisdom Teachings: the way to Inner Peace* (with Peter Fenner), and *Healing from the Heart* (ed. Prendergast and Bradford).



DATE: Saturday June 27, 2015: 1pm - 5pm

VENUE: Wellspring Centre, Resource Room, Y Street Ashburton (easy park on street)

COST: \$75 Students; \$125 BPIG members; \$140 non-members

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Contact Penny Fenner for more details: 0411 554 007 or penny@fenner.org