



6-WEEK SERIES
1 day a week



"The information from Emotion Coaching is so much better than any parenting resource out there. Another winner from Gottman!"

From The Gottman Institute

Emotion Coaching: The Heart of Parenting

Parenting Workshop
BECOME THE PARENT YOU WANT TO BE



Jan-Feb 2020

\$150 for individuals
\$240 for couples

COLORADO SPRINGS



June-July 2020

\$150 for individuals
\$240 for couples

COLORADO SPRINGS



Oct-Nov 2020

\$150 per family

ONLINE

WHAT YOU WILL LEARN:

- What is emotional intelligence and why does it matter?
- What to SEE, SAY and Do with your child's emotions
- How to express understanding and empathy — especially during those challenging moments.
- How to set limits and become an ally in problem solving.

REGISTER
www.PrincipleSkills.com

limited seating

Research shows the ability to handle feelings determines your success and happiness in life.

TRAINED AT LEVEL 2
GOTTMAN METHOD

The Gottman Institute

#ElevateLove

PRESENTER

AMANDA LINAN
LSW

