



ONLINE
**PARENT MAKEOVER
COACHING PROGRAM**

METTLE IMPACT

ABOUT

Children are the reflection of their parents. Effective parenting is more than know-hows. It starts at the very being of the parents. Parent Makeover Coaching Program is a unique parenting program that focuses on the transformation of parents as the basis for effective parenting. Besides applying the science of positive psychology, developmental relationships framework and introducing parenting skills and tools, parent coaching is also incorporated in the program to create a generative impact resulting in a sustainable parent makeover.

This comprehensive program comprises of 6 modules:

1. Positive Parenting
2. Parenting Mindsets
3. Parenting by Personalities
4. Positive Discipline
5. Positive Communication Skills
6. Positive Parenting Space

**BECOME THE PARENT THAT YOUR CHILD NEEDS AND
HE WILL BECOME THE ADULT YOU ENVISION HIM TO
BE.**

Your Transformation Journey Starts Here.

METTLE IMPACT



PROGRAM OUTLINE

1. Positive Parenting

Parents will:

- Understand the philosophy and impact of Positive Parenting
- Learn about the Developmental Assets that influence the development of a child
- Learn about 5 Transformative Parenting Principles and the impact on parenting
- Gain clarity about their role as parents and parenting goals to get them setup for being an effective parent.

2. Parenting Mindsets

Parents will:

- Learn about parenting mindsets and understand the impact they have on child-rearing.
- Identify their parenting mindsets and be coached in calibrating their style for greater parenting effectiveness.

3. Parenting by Personalities

Parents will:

- Learn personality psychology and its impact on parenting.
- Identify and understand their child's unique personality to better meet their needs through an appropriate parenting mindset.

4. Positive Discipline

Parents will:

- Gain a new perspective and understanding of discipline and principles to positive discipline.
- Learn the positive discipline principles and formulas to positively correct the child in the moment.

5. Positive Communication Skill

Parents will:

- Learn and understand the science of positive communication to create a positive parenting space.
- Apply positive communication framework and developed communication skills to enhance parenting effectiveness.

6. Transformative Parenting Space

Parents will:

- Learn and understand the framework to nurturing an optimistic child.
- Learn tips and tools to help them create a transformative parenting space to nurture healthy self-esteem in a child.



RONALD YOW

TRAINER

Ronald has more than 20 years of experience in working with children, youths and families in non-profit organisations. He has conducted various seminars, workshops and talks on parenting and youth-related topics across Asia. He has also spoken on radio CNA938 (Singapore) on parenting.

He believes in building strong families and seeks to make a positive impact in today's families. As a Professional Certified Coach (ICF) he has been practising life-coaching and parent coaching, actively fulfilling his calling to equip parents to strengthen their families.

Ronald is a husband to his wife and a father to two young adult daughters. They live a humble life in Singapore.



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