



HARMONY IN MY HOUSE

Simple tools for moms. Positive change for families.

Session Outline

Session 1: Setting the Stage for Positive Change

- *Perception is reality. . .what is REALLY happening here?
- *Listening as an Ally (and without judgment)
- *Shifting your brain into learning mode/brain 101
- *Tools of the Week

Session 2: How Your Vibe Affects your Tribe

- *State of Mind, Mood, vibe, energy—what does all this mean?
- *Taking responsibility for your own vibe—and ONLY yours!
- *How to actually LET. IT. GO. And what happens when you do!
- *Kids as teachers
- *Tools of the Week

Session 3: My Job/Your Job

- *Expectation checking
- *Boundary setting
- *Seeking matching pictures
- *Tools of the Week

Session 4: Creating Your New Paradigm

- *Identifying speed bumps and contingency planning
- *Putting it all together
- *Support planning