

# PARENT EMPOWERMENT PROGRAMME

CANI Coaching - Making change for the better

## What is the need?

The Scottish Government's aspiration for children and young people is clear, "We want Scotland to be the best place in the world to grow up" Research conducted by the Government has identified that when parents engage more in their child's learning, it raises their child's attainment in school.

## Myth busters

### What it is ...

- Opportunity to gain clear direction, goals and purpose
- The ability to build stronger family relationships through effective communication and coaching
- Provides the tools for everyday living through a principal centred approach
- A way of unlocking and maximising your potential

### What it's not ...

- It is **NOT** a training course
- It is **NOT** a parenting skills course
- It is **NOT** a programme that tells you how to parent, because we do not know YOUR child
- It is **NOT** because you are seen as a bad parent



## Our approach

CANI Programmes incorporate the very best of accelerated learning combined with ancient universal life principles. Our programmes are highly interactive with brief lecture sessions, interactive sessions and skills practice.

At CANI we use a non-directive coaching method, we do not hold the answers, we simply elicit them from each individual who already holds all of the answers.

**"Parent Coaching is a highly effective means of unlocking the potential of the individual in order to maximise their potential" - John Whitmore**

## What previous parents have said ...

"Absolutely amazing, this programme is fundamental in creating a deeper connection with yourself and that of your family"

"It's amazing, makes you feel like you are on top of the world"

"It's been a very unexpected journey, but an incredible one"

## Outcomes

Percentage of parents who...

1. Increased their confidence—91%
2. Felt their family relationships increased—80%
3. Felt the way the communicate as a family increased—81%
4. Increased their hopes/aspirations for their children/families future—87%
5. Increased their understanding on how best to deal with conflict—80%
6. Increased their ability to listen and understand what their children need—73%
7. Increased their recognition of the need to adapt and change to help their children be the best they can be—64%

**Parental voice, empowerment and partnership is important to us at Baldrigon Academy.**

**You are invited to join our unique and exciting parental empowerment opportunity.**

**The commitment is Fridays @ 9.30am—2.30pm from 13 Sep to 4 Oct 2019 at Baldrigon Academy.**

**Lunch and refreshments will be provided - all you need to bring is you!**

**Please contact the school office by Monday 9 September to let us know that you'd like to take part or more info.**

