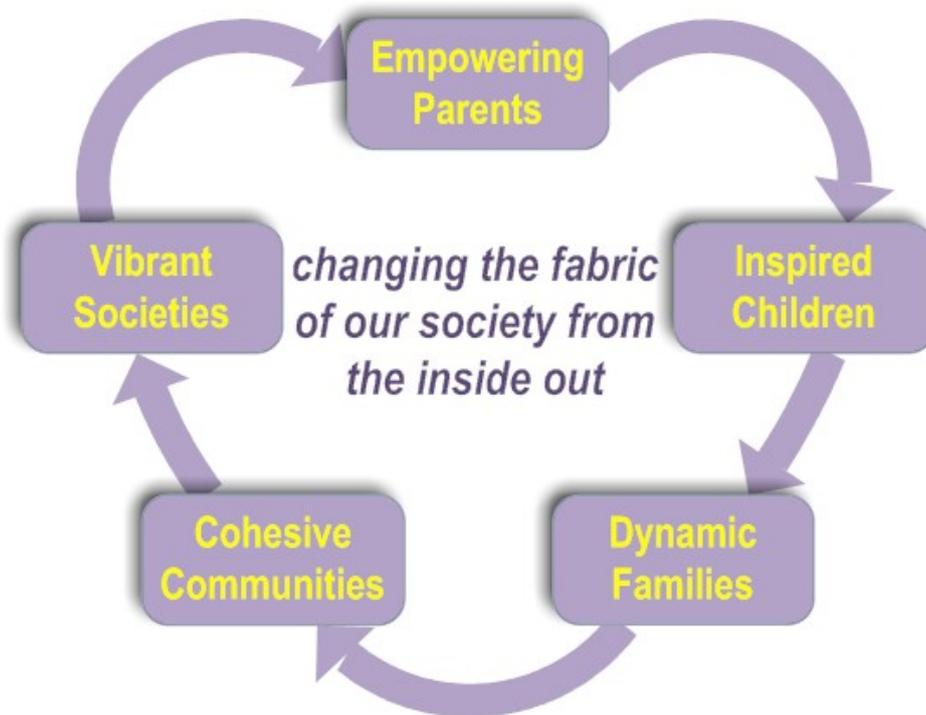


{youtube}psRU2K5V19Q{/youtube} **Welcome to a new paradigm in parenting**

We believe that strong parent child relationships are the key to creating communities that empower, inspire and celebrate it's members.



At the heart of everything we offer is personal empowerment. Our person-centred, positive, holistic programmes are designed to help parents tap more powerfully into their inner resources, learn new skills and explore different ways to nurture their children's potential and raise the aspirations of the whole family.

This is our programme site probably more of interest to professionals and the [Parent Champion Community](#) site would be more of interest to parents and carers.

We have worked with thousands of parents and carers to co-create a unique personal development approach to building powerful, collaborative and dynamic families. Through their own personal empowerment, Parent Champions are able to break free from their cycle of reactive behaviours.

Our programme:

- Is based on best personal development practices
- Empowers each parent to empower their own family
- Recognises and honours every parent's aspirations for a better future
- Builds emotional resilience using the best use of coaching and emotional literacy techniques as proven by neuroscience
- Provides parents with the skills necessary to connect deeply and effectively with their children to draw out their unique potential, [see examples](#)
- Develops sustainability through weekly practice in our Community Sessions (Family

Coaching Café) and our [Community website](#)

- Provides an opportunity for parents to be part of a global community of people working for a better future for all

- Is more than a parenting programme, [it can be a pathway to employment](#) as a Parent Champion coach

We are proud and excited that our pioneering approach has been recognised by The Big Lottery Fund. A grant of £77,000 is enabling us to roll out a two-year Parent Champion programme. [The wide ranging outcomes and benefits of the programme are summarised here](#)



Hear it for yourself... some of our Parent Champions describe their experiences.

{mp3}parentchampions{/mp3}