



# **Raising Empowered Families Masterclass**

*Eliminating the overwhelm in  
how to raise your children for a  
brighter future.*

*Raising Empowered Families Academy*



## *Dear Conscious Parent,*

We are really looking forward to sharing our time and wisdom with you to empower your family on your journey of life together.

Our goal for you with this masterclass, is to have you feel clarity and certainty that you are saying yes to the things that really matter for your family to thrive and cutting out the rest.

We know time can fly. And when we use our children as a measuring stick of time, sometimes it can feel like we blink and they have grown in a heartbeat.

Have you ever thought how many summers or winters do you have left with your children before they are out of the nest? It can be a daunting thought, but also empowering when you consciously choose the life experiences you want to create with them, the lessons you will deliberately impart and the lifestyle you create together as a family unit.

When we place our fingers on the pulse of humanity, we feel the stress emanating from parents and children alike.

The importance of raising empowered children for the planet right now is crucial. Empowered children make empowered family units. Empowered family units make empowered communities. And empowered communities make for a better world.

Nothing would mean more to us than getting to be a part of that change with you. See you on the masterclass.

Ant & Kate





## Raising Empowered Families

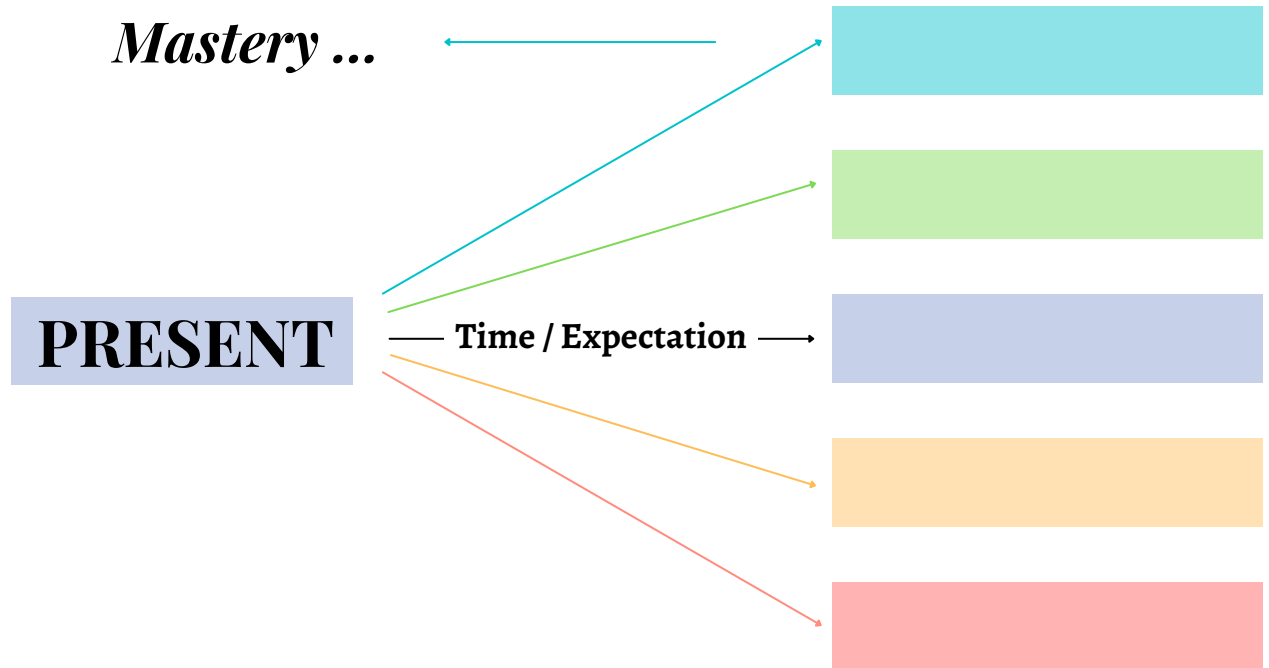
*What do you wish you had have learned in school?*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



# Where are you now?

In order to know where you are going, you must first know where you are.



Questions to ponder:

How many summers and winters do I have with my kids before they move out?

What are some of the experiences I want to create with my kids that will build lasting memories?

Notes:



# Empowered Relationships

1 2 3 4 5 6 7 8 9 10



How certain are you that your child is connected with a strong social support to guide them through life's milestones?

What is something you are excited to introduce into your family from this section to enhance your relationships?

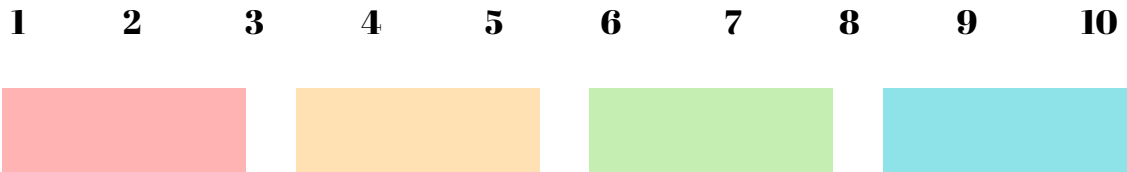
What are some stories you can share with your children about what it was like for you growing up that will create more connection and understanding with them?

What are some things you can do to create quality one on one time with each of your children.

Notes:



# Resilience



How easily can your children cope with stress?

What is something you are excited to introduce into your family from this section to enhance your relationships?

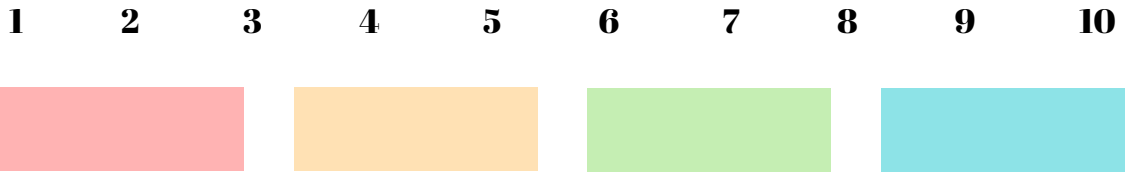
What are some ways you can help you kids feel and work through their emotions?

What are some physical challenges you can introduce to your children to help cultivate resilience?

Notes:



# Resourcefulness



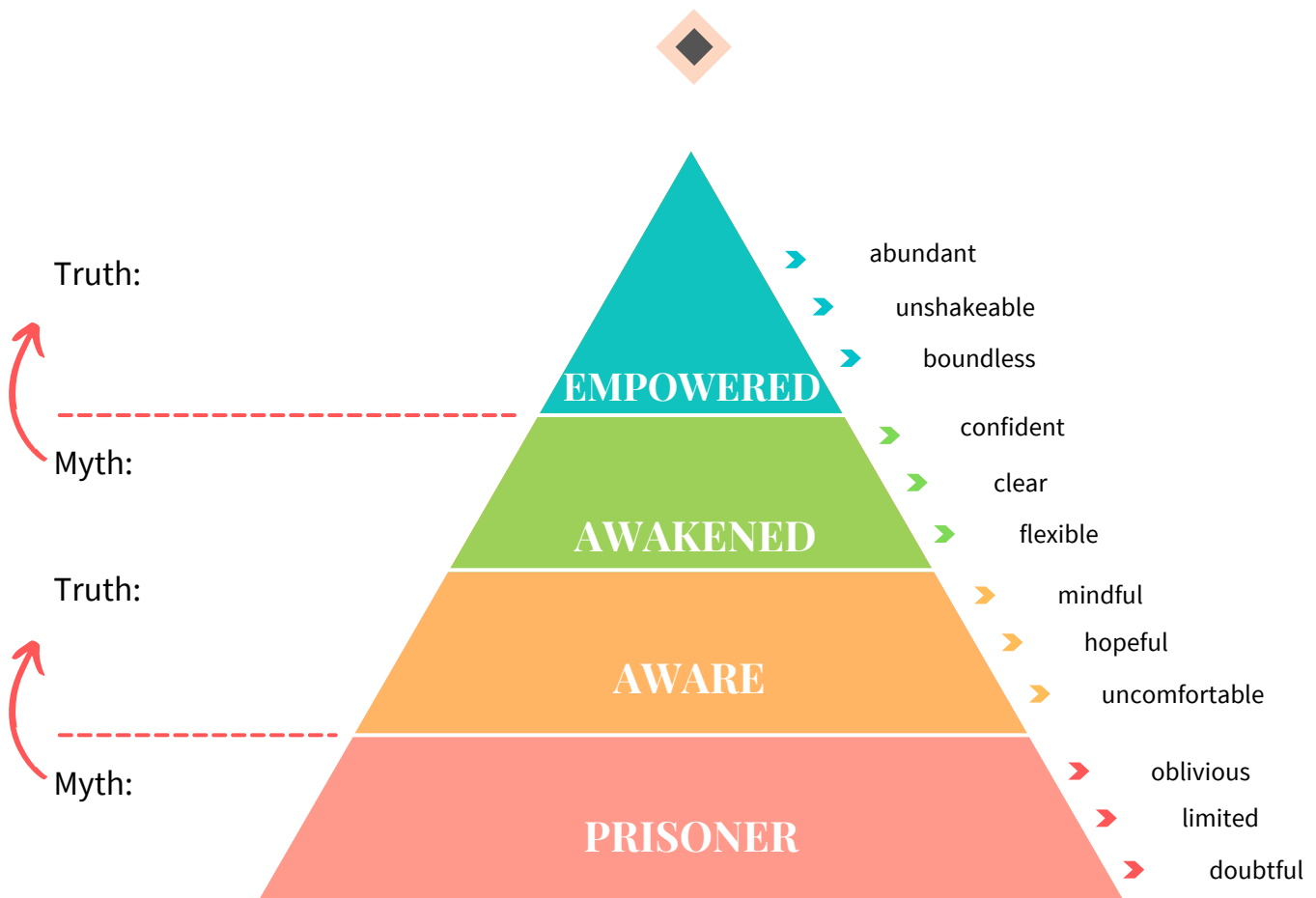
How conscious are you to challenge your child to think critically, be intuitive & empower them to be the predominant creative force in their life?

What is something you are excited to introduce into your family from this section to help culture resilience in your children?

What are some ways you can empower your children to dream bigger and expose them to their true potential?

How can you empower your kids to learn new skills, or find the answers to questions they are asking themselves?

Notes:



What would it feel like and how much time, energy and money would you save, if your family was only saying yes to the things that truly mattered to you?

Notes:





## KEY TAKEAWAYS

### **RAISING YOUR FAMILY THIS WAY EMPOWERS YOU TO ...**

- ✓ Create more fun, laughter and connection in your home
- ✓ Break generational patterns of overwhelm and inadequacy
- ✓ Alleviate the stress around screens and external negative influences
- ✓ Protect them from the pitfalls of childhood in today's age
- ✓ Develop deep, rich, lifelong relationships
- ✓ Have a legacy of resilient, resourceful, fulfilled children

Notes: