**The Parent Within – website**

**Home Page:**

Are you tired of children fighting, whining and yelling so you end up angry, exhausted and yelling?

**Do you yearn to be the loving, nurturing, confident and joyous parent that deep down you know you are?**

**The truth is – ‘that parent’ is already within you! The Parent Within is within you now.**

So what gets in the way of you consciously being The Parent Within?

Have you ever said?

* I’ll never speak/act that way with my children. Yet I do!
* I’m trying so hard yet my children are still fighting and I’m losing it?
* I thought parenting was supposed to be natural.
* I thought my spouse and I would be partners in parenting, instead it is a big source of our conflict.
* I wonder if I can ever feel at peace with my parenting. I feel pressure, guilt and shame.
* There is so much conflicting parenting advice; I don’t know which is best.
* I turned out alright despite the way I was parented. (You say this because if you didn’t you would have to change.)
* I am OK with how my parenting is going but I feel panicked at the thought of the teen years.

Every parent needs support to be The Parent Within. You want to change but how?

Three times Nobel Peace Prize nominee Dr Thomas Gordon asked the question, “Where can parents learn what they are doing wrong and what they might do differently?” He answered it with his ground breaking and time tested parenting program, Parent Effectiveness Training: The Proven Program for Raising Responsible Children.

Each of the following parents sought support. Which parent do you relate to?

1. Ginny – I have a three year old and an 18month old. I was constantly overwhelmed by the demands. The 3 year old is contrary….

Read more to find out how Ginny reawakened The Parent Within ……..

1. Richard – 9 year old and 7 year old

Read more to find out how Richard reawakened The Parent Within

1. Catherine– teens

Read more to find out how Catherine reawakened The Parent Within

Daily Inspiration – 30 day changing habit themes

Weekly blog

Monthly audio

Sign up for P.E.T. courses, BYB courses

Coaching

Training

PET logo and ICA logo at bottom of page

**About : About PET; About Kathryn;**

**About Kathryn**

Welcome to The Parent Within!

The Parent Within website is the evolution of 35 years of teaching parenting courses and working with hundreds and hundreds of parents (I have never bothered to count!). My passion is helping parents reconnect with the loving, compassionate, nurturing, joyful parent within them so they can have the family relationships they desire.

This website is long overdue and my son had been encouraging me for years. Last Christmas he handed me a card and inside he had written that his gift to me was that he would design my website. His talent is obvious and I am his proud mum!

I have a wonderful husband of 38 years, two sons and two daughters-in-law. Each is a wonderful human being and I feel so blessed to be part of their lives. Now I am about to become a grandmother. I can’t wait!

My background is in education and I have taught from early childhood to tertiary level with a focus on Child Development and Effective Communication skills. I also coordinated a Family Support Program where I trained volunteers to link up with families who were socially isolated. The last seven years I have had the good fortune to live in China where I conducted P.E.T. courses for expatriates in Beijing and Xiamen and trained expatriate instructors. I also wrote for Beijing Kids and Jing magazines and was on the editorial board for Beijing Kids. I write blogs for my son’s business Teach Starter.

Whilst in Beijing I co-authored Slurping Soup and Other Confusions: True Stories and Activities to Help Third Culture Kids during Transition. This unique book contains twenty-three real life stories of children between three and twelve, followed by fun and healing activities.

I love to teach and share what I know about parenting. As a certified credentialed coach I help parents to move forward and become the parent they want to be. I love to see the changes parents make when they have support to do so. It warms my heart to know that children are the beneficiaries.

This website is all about providing practical support in your parenting journey.

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**Why The Parent Within?**

The Parent Within refers to your inner truth; the loving, compassionate, nurturing, joyful parent within you. It is your open heart. It is not that defensive, critical parent role that is born out of your inadequacies and your fears from your own childhood wounds.

My passion is to help you rediscover The Parent Within so you can best support your child’s unique growth and development. Ultimately I am an advocate for change in parenting so that children and families can thrive. ~~Let there be no childhood wounds that your children have to overcome~~.

**Why P.E.T. and how did my contact with P.E.T. begin?**

Have you ever had an experience that has had unexpected and far-reaching consequences that go far beyond what you could ever have imagined in your life? That weaves through every aspect of your life?

For me it was stumbling across the Parent Effectiveness Training book in the University of Queensland bookstore one summer holiday at the end of my first year of teaching 36 years ago. I devoured the book and wondered why these concepts had not been taught when I was training as a teacher. I decided to contact the Australian contact to find out who was running courses for parents in Far North Queensland so that I could recommend to the parents of the young children I taught.

Alas there was no one! But as serendipity had it they were conducting instructor training in the city of Cairns near me. They encouraged me to do the training and after protestations (too young and no children) I made one of the best decisions ever.

I applied the skills in the classroom, became a P.E.T. instructor and conducted my first P.E.T. course for parents at Flying Fish Point State School with the school principal’s encouragement. The effective communication skills I learnt with P.E.T. have underpinned all the interactions with children and people in my life, whether personal or work related. I am filled with gratitude that I learnt these skills prior to having children.

Over 36 years I have continued to be open-minded and study other parenting models and research. My conclusion is that P.E.T. is a stand out. It is a time tested model of effective democratic relationships! The current brain research verifies/validates the claims and the effectiveness of using the non-punitive, compassionate, respectful parenting model that Dr Thomas Gordon designed 50 years ago.

**My Passion/ What I Believe**

I believe that it is possible for the world to be a place of peace, love, compassion and joy.

I believe that it is possible for your family to be a haven of peace, love, compassion and joy.

I believe that it is possible for you to feel and express peace, love, compassion and joy.

I believe that children are a blessing. They mirror your inner being, the truth of who you are. On the one hand they mirror your wonderful completeness. On the other hand they mirror what needs to be healed.

Your children open your emotional childhood wounds and inherited baggage - your unmet needs that you may not even realize that you hunger to satisfy because you buried those memories so deep and hid them behind defensiveness, control or passivity. When your hot buttons are pressed you project your lack (your insecurities, your feelings of being out of control because you don’t know what to do) onto your children. Our children are our teachers and healers.

What wonderful gifts they give you! You can choose to learn from them and uncover The Parent Within.

Change starts with you. You can replenish your lack by both nurturing your wounded inner child and re-educating the unhelpful, antiquated parent scripts that hinder The Parent Within from transforming your family.

When you change you, you change your family.

When you change your family, you change the world!

Awaken The Parent Within and your children and family will thrive.

**Coaching**

**What is Coaching?**

A coach is a catalyst for self-discovery, personal development and achieving your goals.

I am a certified and credentialed Parenting Coach and also a Personal Development Life coach. My focus is working with people who have completed a P.E.T. course or Be Your Best personal empowerment course. I support them to apply the effective communication skills they learnt in their courses and to explore what prevents them.

My role as a coach means I will stand beside you, challenge you, guide you through the tough times, encourage you to believe in yourself, and applaud you as you make your desired changes.

**Where do coaching sessions take place?**Coaching sessions can take place either face-to-face, over the telephone, via Skype or email. Most of my coaching is conducted via skype. So much easier when you are a busy parent.

Here is a quick checklist to see if you are interested in beginning the coaching journey:

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| --- | --- | --- |
|  | **Your checklist** | **Coaching Questions and Comments** |
| **Openness** | I am open to possibilities. I want to learn and grow. | What do you want right now? Where do you want to be? What are you dreaming of? What do you want for your relationships? |
| **Self-acknowledgement** | I acknowledge that I have made changes before in my life.  I have overcome obstacles.  I have strengths because of this. | Congratulations on taking this step to explore how change is possible in your life.  What ways have you celebrated positive changes you have made in the past? |
| **Self-reflection** | I have been wondering how I can make new changes?  I want to apply the new PET skills effectively to my life and I need support. | What is it that you want to change?  What difference would it mean to your life if you made that change?  How would you feel? |

**Read testimonials.**

**Coaching Packages:**

**Flexi Private Coaching** - Sessions are based on your ongoing needs.

Recommended for individuals who have completed the Fixed Private Coaching for 6 or 12 sessions and need support at short notice such as:

  New family challenge that has arisen

  Discovery and reassurance with implementing skills and goals

  A space and time to voice your concerns and self-doubt

You need to schedule 24 hours in advance.

Sessions are subject to availability.

**Fixed Private Coaching** - Based on a certain area you would like to work on.

Recommended for individuals who need support in areas such as:

  Family life – applying the P.E.T. skills in your unique family context

  Life - realignment of values and beliefs, building relationships, letting go

  Understanding your child – effectively communicating

1 session / week.

Set to a regular day and time for the month.

3 sessions / month and email correspondence every 3rd session.

You have the choice between 6 and 12 session fixed packages

**Click here if you want more information on packages and code of ethics**

**Testimonials – PET BYB Coaching**

**Resources and Links /Recommendations**

**Blogs**