



Working together, Jacqui and Melanie will coach you to empower your teenagers, enhance your relationship AND add to your parenting skills.

A 3 hour workshop with separate learning groups for parents and teens and time for sharing all the goodness.

What is F.L.O.W.? For this workshop it is to create with you and your daughter a:

**F**eeling of oneness

**L**earning

**O**wnership

**W**ild power

Nurse Jacqui's workshops are for young women and a significant female in their lives.

These workshops take the worst about being a woman and turn it into *the best thing*. Nurse Jacqui urges others to stop treating periods like nature's consolation prize for women, banishing the notion that hormones reduce us to being random emotional rollercoasters.

The truth is, the menstrual cycle has benefits - big fantastic, daily, monthly, even lifelong benefits.

Every month, you have four hormonal phases that keep coming around, just like seasons. Each phase bears its own gifts and ways of making us feel: a time to dream, a time to do, a time to give and a time to take. Once you know what these seasons are, you can predict

them, plan for them and use them over and over again. In fact, harnessing your period superpowers will make you unstoppable.

Becoming an expert in recognising what you need at different times of the month, and learn how every cycle gives you a chance to cultivate the most important relationship of your life: the one with your precious self. It's pretty bloody amazing.

Melanie's workshop looks at the tricky changes in communication that happen in the teenage years.

What are the roadblocks to communicating with your teenager, those language patterns that close down a conversation?

And rapport, what is it and how will that help you to establish and maintain a closer relationship with your teenager?

Improve your listening skills so you can gain the insights and understanding you need as you communicate with your teenager.

Melanie is a master NLP practitioner, skilled in the art of communication and especially practiced with teenagers.

*This workshop will change the way you and your teenager communicate with each other, now and well into the future.*

This is a workshop designed to strengthen your mother/daughter relationship and empower your knowledge so you can easily choose the best way forward during the challenging teenage years.

A workshop that creates value well beyond the time you spend with us.

This workshop is for parents AND their daughters, aged 9 or over.

### **INVESTMENT: \$150**

Includes

- Entry for two
- Three hours of creative fun and learning
- Light refreshments
- A goodie bag and discount codes

Make contact or book via [www.heartplace.co.nz](http://www.heartplace.co.nz)

You *are* the solution your teenager needs and we want you to leave our workshop knowing you are able to cope with anything.