

Parent Power-up



LIVE WEBINAR SERIES

BUILDING BONDS,
BOOSTING WELLBEING



PARENTS, WHAT'S REALLY IN YOUR EMOTIONAL BACKPACK?

With Ghulam Fernandes

Discover why unresolved grief can feel so heavy with grief transformation coach, Ghulam, (and how to lighten the load without spending years in pain or therapy)...

- ♥ Is Your Emotional Backpack Getting Heavier?
- ♥ You're trying to 'stay strong' for your family while carrying your own grief
- ♥ Traditional advice like 'time heals' and 'keep busy' isn't working
- ♥ You're worried your unresolved grief is affecting your children
- ♥ Daily parenting feels overwhelming while dealing with loss
- ♥ You're juggling multiple life changes without proper support
- ♥ You feel stuck but don't want years of therapy to move forward

THURS
MARCH
6TH
7:30-9PM

In This 90-Minute Workshop, You'll Discover:

- *Understanding Unresolved Grief and Its Impact*
- *The 40+ life events that can trigger grief (beyond what most people realise)*
- *Why parental grief requires a unique approach*
- *How unresolved grief affects your parenting capacity*
- *What's really in your emotional backpack*
- *Practical Tools & Solutions*
- *The 10 common mistakes that keep parents stuck in grief*
- *Building your personal B.A.S.I.C.S. framework for healing*
- *Creating a sustainable self-care practice that actually works*



Free/
pay what you can
spaces available

SUITABLE FOR

mums, dads and caregivers of children of all ages.

BOOK NOW

