

*The little known*  
**Leadership Secret**



to

**STRESS FREE**

**Parenting**

*by Dina Cooper*

# Welcome to the little known Leadership Secret to Stress Free Parenting

Hey parent leading change! A heartfelt welcome to you!

Through our coaching programs and workshops, we empower parents to be proactive with their parenting, learn leadership skills and live their lives on purpose so they can inspire the next generation to do the same.

Imagine a world filled with families like this - and our next generation living more on purpose than they ever have before.

We're on a mission to change the future of humanity for the better.

We are so glad that you are here!



I'm an Indian girl, born in England, married to an Aussie with two very beautiful, handsome and ALIVE boys! A few short years ago, I hit rock bottom. I felt like an outer shell of my non-existent soul. I felt lifeless and was enduring a job my heart wasn't in.

I felt disconnected.

Then, I had babies the disconnection expanded. I went through the motions of feeding them, trying to engage them, running the home, and figuring out what my next career move was going to be.

I lost my identity (at least I thought I did). Until I found her hiding and brought her back!

My marriage was a combination of love and day-to-day frustrations and resentment, that quite frankly took up a lot of brain space. I remember, stepping outside of myself and peering down at me sitting at a blue Ikea table with my then 2 and 4 year old boys, thinking... "Is this it..? Is this my life..?"

How could I enjoy the moment, when the list of things to do never ended?

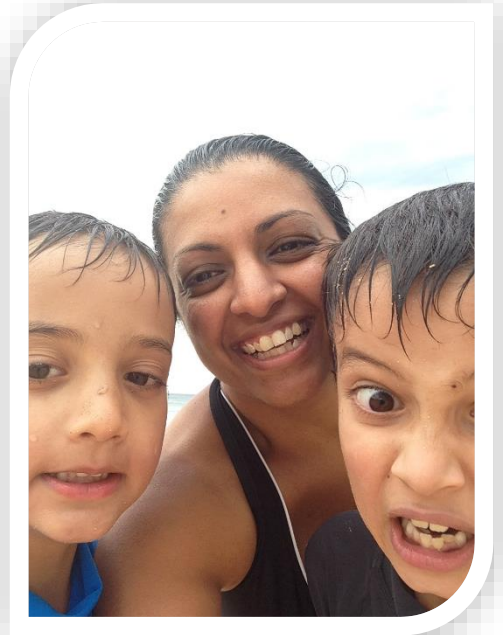
Little did I know then, that the shift was in the way I perceived all of these things in my life, not the things themselves.

*My eyes opened up. I felt more ALIVE.*

I began to notice my children more, what makes them tick, how they respond – the subtleties that make them uniquely them.

I was able to tweak my actions and language to make it easier for them to hear me. I began to feel like I was leading my child in a way that was good for both us.

For someone who was so unconsciously focused on other things, this awareness came as a precious gift.



*My relationship with my kids grew rapidly.*



I found more headspace to be crazy, intentional and purposeful in how I wanted to live my life and raise my kids.

My husband and I started to enjoy each other more and have regular time together and we found....Bollywood dancing!

We also decided we had things we wanted to instill in our children and together we began to lead our family. (I share how we did this in my book [Whose Job is it Anyway.](#))

Yep, there is work involved, a lot of personal work and a little prescriptive work but it is FAR less work than dealing with the daily battles with yourself and your family that drain your energy and leave you feeling tired and BLAH.

*In fact when you are aligned with yourself, it gives you energy.*

Live your purpose, show your children how to do the same and be the parent breaking through personal barriers and leading change.

You are that person. You made it here today.

With Love

Dina

# The little known Leadership Secret to Stress Free Parenting

It is the series of moments in our day that make up the quality of our lives. Sometimes there are big things in our day that bring us happiness and joy, most of the time there are lots and lots and lots of little things, especially when we have children.

These little things, make up the quality of your life and when they spiral out of control, they can make you feel miserable, frustrated and annoyed and STRESSED! Sometimes that feeling can last for a long time, resulting in you saying and doing things that you often don't mean to.

So how do you enjoy these little moments and really make sure you are getting the most out of them?

Well first of all, let me tell what learning this method will give you.

I'm not into quick surface level fixes that never last. I like methods that are practical, long-term solutions that can be applied across multiple situations.

*That's exactly what this method is...*

## The benefits of this method

### YOU WILL

- ➡ Enjoy more of your day to day moments
- ➡ Feel calmer
- ➡ Be more confident as parent
- ➡ Be more empowered to make choices on how you respond in ANY situation
- ➡ Boost your child's self esteem
- ➡ Role model to your children how to respond
- ➡ Be able to get more of your needs met
- ➡ Be more of the parent you know you are

## It can help with your internal battles

"I decided to take the kids to the museum on Friday as a special treat. In the past I have avoided these types of activities because I felt like the situation could become out of hand. However I felt like I had the energy, so we did it. I got there and had a great time. Towards the end I met a wonderful mother and the kids played together for a long time. Then my 3 year old said he had to use the restroom and I left quickly saying I would be back. By the time we made it out of the bathroom I knew he was ready to go. I felt bad about leaving without saying goodbye. I started to fight the situation in my head but then used your technique and left feeling great and my little boy had a sleep in his pram, wonderful. **Way less stressful.**"

## **It can also help with your productivity and what you get done on a day to basis**

"I mentioned before it has been a crazy few weeks and with my little one only in day care 1 day, I did not have a lot of time to get through my to-do list. I had a much easier time dealing with this because of your technique. For example, I wrote an email about ordering a new couch and the lady got back to me. I didn't have time to get back to her that day but I made time the next day and everything is settled and the couch is on its way. I took baby steps and didn't stress or fight with myself about my situation, and saw the task through to the end. It's possible, it just takes a little more time! I think before I might have resisted my situation and would have started to do a task then given up because it all seemed too hard and then blamed it on my hectic life."

## **And your relationships**

"I have been using this method on multiple occasions in regards to my relationship. I feel like I have a lot of built up expectations with the way I think my husband should act and find myself being disappointed. It's hard finding a balance between resigning myself to the situation and thus feeling bad about it and accepting it. I go through the exercise you've taught me and feel more relaxed and then I find I am able to ask myself what the real issue is and if there is something I can do about it."

## **And when those mishaps with kids happen, which they inevitably do..**

“My son (4) missed the toilet seat & peed on the floor then left the mess without telling me. I discovered the puddle ages later. At first I exploded with anger. I stormed to the kids and rudely demanded ‘who peed on the floor & didn’t bother to tell me?’. My 4 year old then terrifyingly admitted it was him. I was just about to fly off the handle (which usually entails judgment comments such as ‘what is wrong with you? You are 4 & must concentrate when you weel’). But before I did I caught myself – did your technique, then at the same time he apologised in the cutest, sweetest voice. I noted I was feeling angry and tired and the main issue was I didn’t have the energy to clean the toilet & floor but it had to be done. I then did the technique again. After I had cleaned I felt clear headed and tension free and I was able to speak to my four year old calmly. I said “Jo, I thank you for your apology and I understand it was a mistake and that’s ok. We all make mistakes. The reason I get angry is because I don’t have time to clean the bathroom every time you go to the toilet. When you go to the toilet please concentrate, look down at what you are doing and use the stool to help you. If you make another puddle - it’s ok but please tell me straight away so I can clean it before it smells”. After this I felt elevated and happy that I could move-on with bedtime routine in a happy frame of mind.”

## **This one method is ACCEPTANCE**

It is one of the fundamental skills that underpins parenting and EVERY parent should know it and be able to create more enjoyable, meaningful moments with their child each and every day.



## Now hear me out...

You're probably thinking, "I've heard it all before. Acceptance all sounds good in theory but how am I meant to APPLY it in my parenting so that it actually makes a difference?"

I'll answer this shortly...

First let's explore what **acceptance is NOT...**

It is **NOT** giving in

It is **NOT** giving away your control or power

It is **NOT** saying that the other person/child is validated in their behaviour

It is **NOT** saying "I approve of said behaviour or language"

It is simply saying, "I may not like it, I may not want it, but it is what it is."

This simple statement are the words of acceptance and they allow you to calm yourself down and be able to respond in the moment rather than react. In all of the situations described above, each of these people took a moment by utilising this one method. This allowed them the space to CHOOSE their response.

**"Between stimulus and response, there is space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom." Viktor Frankl**

What we don't realise is, how much our minds run on autopilot. We feel like we have little awareness or control of what goes through our mind. It's when we discover how to become aware, that gives us choice. So when an event happens

such as child pees on the floor or the dishes are piled up as you walk in from a long day at work. Knowing how to utilise this method of saying, "I don't like it, I don't want it, but it is what it is" is the key to choosing your response.

### Still stuck with how to use it?

For many of you, saying the statement "I don't like it, I don't want it, but it is as it is" is enough to create the space required to respond. And for many of you, you may need to understand how Acceptance works in more depth before you can apply it.

If that sounds like you and you'd like to know more so you can have this method down pat for yourself to use anywhere, any time, read on....

I have designed an online workshop, to give you a step by step guide on why Acceptance works and how to implement Acceptance into your life **IMMEDIATELY!**

- ➡ If you struggle with getting your kids to eat?
- ➡ If you find you lose your temper when you don't want to?
- ➡ If you find the bedtime routine drags out and ends not so calmly?
- ➡ If you find your child has out of the ordinary age, separation anxiety?
- ➡ If you feel resentment and frustration toward your partner?

Then teach yourself this method.

Like it has for each of the parents above and many other thousands of parents, **it will help you transform** your parenting stress into parenting calm.