

Happily  Family



*Mindful Parenting and
Emotional Wellness*

11th HAPPILY FAMILY CONFERENCE

PROGRAM & SCHEDULE

MINDFUL PARENTING AND EMOTIONAL WELLNESS
FREE ONLINE CONFERENCE
Topic of the Day: **Mindfulness and Parenting**

DAY ONE
November 10th



DR. DANIEL SIEGEL

POWER OF IMPERFECT PARENTING, SELF AWARENESS, AND REPAIR

Psychiatrist, Author, Executive Director of the Mindsight Institute

Key Takeaway:

Notes:



CECILIA & JASON HILKEY

MOVING BEYOND YOUR BAGGAGE: PARENTING WITH YOUR PARTNER

Co-creators of Happily Family

Key Takeaway:

Notes:



CATHY ADAMS

CARING FOR OURSELVES AND OUR CHILDREN IN AN UNPREDICTABLE WORLD

Cathy – Host of Zen Parenting Radio, Author, Clinical Social Worker

Key Takeaway:

Notes:

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DAY ONE
November 10th



CAROLINE WELCH

EVERYDAY MINDFULNESS TO MAKE PARENTING LESS OVERWHELMING

Co-Founder of the Mindsight Institute, Author

Key Takeaway:

Notes:



MAGDALENA GARCIA

BECOMING A BETTER PARENT BY PROCESSING EARLY PARENTING EXPERIENCES

Parenting Coach, Founder of Circles and Bridges

Key Takeaway:

Notes:

MINDFUL PARENTING AND EMOTIONAL WELLNESS
FREE ONLINE CONFERENCE

Topic of the Day: **Anxiety, Triggers & Trauma**

DAY TWO
November 11th



RENEE JAIN

*HELPING KIDS OVERCOME STRESS, WORRY, AND NEGATIVITY TO
FIND MEANING AND PURPOSE*

Founder and Chief Storyteller of GoZen!, Psychologist

Key Takeaway:

Notes:



DR. LYNYETTA WILLIS

THE CURE FOR PARENTING BURNOUT, STRESS, AND OVERWHELM

Licensed Psychologist, Creator of Triggered to Transformed

Key Takeaway:

Notes:



DR. CHRISTOPHER WILLARD

HANDLING SAD AND ANXIOUS FEELINGS AND THE TRAP OF TOXIC POSITIVITY

Psychologist, Author of Raising Resilience, Harvard Medical School

Key Takeaway:

Notes:

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DAY TWO
November 11th



JANINE HALLORAN

COPING SKILLS FOR TEENS WITH STRESS, ANXIETY, AND ANGER

Founder of Coping Skills for Kids, Licensed Mental Health Counselor

Key Takeaway:

Notes:



KEIRA MERKOVSKY

REAL TOOLS TO TACKLE EVERYDAY TRAUMA TRIGGERS FOR ANXIETY, ANGER, AND FRUSTRATION

Licensed Clinical Social Worker, Founder of Relationship Cubed

Key Takeaway:

Notes:

FREE ONLINE CONFERENCE

Topic of the Day: **Inner Work of Parenting and Partnering**

DAY THREE
November 12th



DR. KRISTIN NEFF

FIERCE SELF-COMPASSION: HOW PARENTS SPEAK UP WITH KINDNESS

Self-Compassion Researcher, Author, Creator of Mindful Self-Compassion

Key Takeaway:

Notes:



LESLIE POTTER

THE POWER OF PERSONAL BOUNDARIES IN PARENTING; BALANCING SEPARATION AND CONNECTION

Psychotherapist, Parenting Coach, Founder of Purejoy Parenting

Key Takeaway:

Notes:



SUSAN STIFFELMAN

ADDRESSING A CHILD'S MISBEHAVIOR WITH COMMUNICATION AND CONNECTION

Marriage and Family Therapist, Author, Licensed Psychotherapist

Key Takeaway:

Notes:



MINDFUL PARENTING AND EMOTIONAL WELLNESS

FREE ONLINE CONFERENCE

Topic of the Day: **Inner Work of Parenting and Partnering**

DAY THREE
November 12th



DR. NATE KLEMP & KALEY KLEMP

HOW THE 80/80 MARRIAGE IMPROVES PARTNERSHIP AND PARENTING

Nate – Author of *The 80/80 Marriage*, Philosopher, Entrepreneur

Kaley – Author of *The 80/80 Marriage*, Speaker, Sociologist

Key Takeaway:

Notes:



DEVON KUNTZMAN

TRANSFORMING TODDLER BEHAVIOR WITH CONNECTION AND COMMUNICATION

Parenting Coach, Founder of Transforming Toddlerhood

Key Takeaway:

Notes:

MINDFUL PARENTING AND EMOTIONAL WELLNESS

FREE ONLINE CONFERENCE

Topic of the Day: **School, Screens & Social Skills**

DAY FOUR
November 13th



DAYNA ABRAHAM

*THREE TOOLS TO CALM THE CHAOS OF EVERYDAY FAMILY LIFE
(AND MAKE PARENTING MORE ENJOYABLE)*

Founder of Lemonlime Adventures, Board Certified Teacher, Author

Key Takeaway:

Notes:



SUZANNE TUCKER

*WANT BETTER BEHAVIOR? FORGET REWARDS, FOCUS ON YOUR CHILD'S
EMOTIONS INSTEAD*

Founder of Generation Mindful, Physical Therapist

Key Takeaway:

Notes:



ELIZABETH SAUTTER & DR. REBECCA BRANSTETTER

*4 STEPS TO BOOST SOCIAL-EMOTIONAL WELL-BEING WITH YOUR
NEURODIVERGENT CHILD*

Elizabeth – Speech Language Pathologist, Co-creator of Make It Stick Parenting
Rebecca – School Psychologist, Co-creator of Make It Stick Parenting

Key Takeaway:

Notes:



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MINDFUL PARENTING AND EMOTIONAL WELLNESS

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DAY FOUR
November 13th



SETH PERLER

HELP YOUR STRUGGLING STUDENTS TO OVERCOME ORGANIZATION, ATTENTION, AND MOTIVATION CHALLENGES

Teacher, Executive Function, 2e, and Education Coach

Key Takeaway:

Notes:



DR. DEVORAH HEITNER

HOW TO NOT FREAK OUT ABOUT KIDS AND PHONES, PLUS PRACTICAL SOLUTIONS

Author of Screenwise, Ph.D in Media/Technology & Society

Key Takeaway:

Notes:

FREE ONLINE CONFERENCE

Topic of the Day: **Protective Conversations: Gender, Racism, Self-Harm**

DAY FIVE
November 14th



DR. ANN-LOUISE LOCKHART

WHAT TO DO IF YOUR CHILD SELF-HARMS

Pediatric Psychologist, Board Certified in Clinical Child and Adolescent Psychology

Key Takeaway:

Notes:



STEPHANIE A. BRILL

HOW TO SUPPORT CHILD ON THE GENDER SPECTRUM AND WHY IT IS VITAL

Founder of Gender Spectrum, Author of The Transgender Teen

Key Takeaway:

Notes:



DR. JOSEPH LEE

RESEARCH SAYS IT'S MORE EFFECTIVE TO FOCUS ON THE FAMILY THAN ON THE CHILD WITH THE DIAGNOSIS

Psychiatrist, Creator of Mental Healthiness Classes

Key Takeaway:

Notes:

MINDFUL PARENTING AND EMOTIONAL WELLNESS

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Topic of the Day: **Protective Conversations: Gender, Racism, Self-Harm**

DAY FIVE
November 14th



DR. ALLISON BRISCOE-SMITH

HAVING GRACE, GUMPTION, AND RESILIENCE IN DIFFICULT TIMES

Clinical Psychologist, Director of Diversity, Equity, and Inclusion at the Wright Institute

Key Takeaway:

Notes:



NEFERTITI AUSTIN

WHY THE ERASURE OF DIVERSE VOICES IN PARENTING IS A PROBLEM FOR EVERYONE

Author of Motherhood So White, History Professor

Key Takeaway:

Notes:

Now, it's time to take **ACTION!**

Create a list of the most impactful action steps you want to take.
Star the ones you want to implement first.