

Wisdom Spring Wellness Services
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Just Breathe: A Return to Wellness for Parents of School Age Children

A recent American Psychological Survey reported that one third of parents reported experiencing high levels of stress. Unmitigated stress results in reactive explosive parenting styles which can significantly harm the development of a child. The debilitating effect of stress also negatively impacts the mental and physical health of parents.

In the workshop, parents will explore the vast physiological and psychological benefits of a relaxing breath. Relaxation techniques have been validated by modern scientific research. Learn breathing techniques alongside positive thinking and affirmations that elicit the relaxation response. The workshop will teach a structured approach that systematically guides parents on how to develop mental clarity, focus, inner awareness, and profound relaxation. Furthermore, they will learn to combat the harmful effects of social isolation and work-related stress that can lead to burnout. Remember Self-care is not SELFISH. Invest in yourself so that the important aspects of your life can be restored and rejuvenated.

Mindful Parenting: Learn Effectively Communicate with Your Children

This is the follow-up workshop to the *Just Breathe Workshop*. Communication is challenging self-awareness, emotional intelligence and emotion regulation skills are not properly understood. Hence, the prior workshop taught about the importance and the benefits of implementing mindfulness relaxation skills into daily life. After incorporating these skills, parents can then begin to effectively manage social emotional issues in children without becoming engulfed by negative emotions such as reactive explosive anger. Furthermore, parents will learn how to regulate their emotions and communicate with the intention of deescalating a potential behavioral crisis. Lastly, parenting styles that set limits while also expressing affections maintains a positive relationship with children and preserves their self-esteem.

The duration of each workshop can range from 60 to 90 minutes. Typically, some time is left at the end for a period of questions and answers. However, the workshop can be tailored to meet the needs of the school district looking to run parent workshops. The rate for up unlimited participants is \$375 an hour.

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Sincerely,

Ruben Lambert, PsyD

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Dr. Lambert's Presentation Feedback and Quotes:

- This is an amazing presentation we all need this information on self-care and protecting our energy and balance
- This Presentation is at a perfect time in all of our lives and school year! Thank You for this!
- This is awesome and much needed!!
- we all have strengths so should all play them up and as Mr. Lambert said "be content with the live we have"
- presentation is amazing! love all of the connections
- Dr. Lambert is amazing!
- This is such an amazing presentation Dr. Lambert! The affirmations, stories, inspirations, lessons and points you are currently sharing are just what we need in our PERSONAL and PROFESSIONAL lives today!
- Extremely inspiring!! Thank you, Dr. Lambert.
- Great presentation! Thank you. Positive thinking
- He is such a positive, calm person. Great presentation and quotes. I learnt a lot today. Thank you Dr. Lambert.
- He IS amazing! I am enjoying the analogies and anecdotes that really are logical, and sensible.
- Our district is lucky to have a wise mentor such as Dr. Lambert!
- Dr. Lambert is amazing! We need to have in person workshops for meditation etc. for our staff members to get through these rough times.
- Great presentation! So helpful and peaceful.
- Dr. Lambert is amazing! We need to have in person workshops for meditation etc. for our staff members to get through these rough times.
- This is amazing! We really need this.
- Thank you Dr. Lambert , this is amazing presentation .
- this is amazing. I hope the district begins offering more workshops like this.
- Thank you so much! My headache is gone! Self-care is not selfish!
- Thank you, I enjoyed this session and I hope to see more of you in the district PDs
- A very useful presentation! Thank you Dr. Lambert!
- Great presentation! A lot of wisdom!
- Bravo !!!! such an amazing and useful presentation. THANK YOU!
- Thank you Dr. Lambert! Phenomenal, as always!!
- Superhypermega Awsome Thank you so much, extraordinary presentation




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- Outstanding presentation....quotes and exercises. This feels like caretaking and validation by our employer of what we teachers go through and are dealing with.
- Everything was so amazing. I really appreciated the deep breathing tech.
- Excellent strategies! I love the reference to the lotus flower. Always reminds me of Uncle Iroh in Avatar the Last Airbender. Very symbolic, a symbol of calmness & resurrection.
- Such an amazing presentation! Thank you Dr. Lambert! Outstanding and definitely did not put me to sleep! Very inspiring and we should all put these points into action with our families, students and co-workers!!!

2. Please rate Dr. Ruben Lambert's presentation on Mind and Body Wellness.

[More Details](#)

 Insights

 Excellent	371
 Good	168
 Average	26
 Fair	12
 Poor	2

