



**SNEAK  
PEEK**

JAI INSTITUTE FOR PARENTING'S  
**ULTIMATE PARENT  
SUCCESS COURSE**

- WEEK 1**    ORIENTATION
- WEEK 2**    SETTING YOUR INTENTIONS AS AN EMPOWERED PARENT
- WEEK 3**    THE TEN CORE PILLARS OF EMPOWERED PARENTING
- WEEK 4**    MAKING SENSE OF ATTACHMENT SCIENCE
- WEEK 5**    MAKING SENSE OF NERVOUS SYSTEM SCIENCE
- WEEK 6**    MAKING SENSE OF MINDSIGHT AND BRAIN SCIENCE
- WEEK 7**    MAKING SENSE OF EMOTIONAL INTELLIGENCE
- WEEK 8**    THE VOICE OF EMPOWERED PARENTING
- WEEK 9**    THE PEACE PROCESS
- WEEK 10**    EXPLORING ANGER AND HEALTHY AGGRESSION
- WEEK 11**    PLAYFUL PARENTING & STORYTELLING
- WEEK 12**    YOUR PERSONAL TRANSFORMATION

