



1.5-Hour Workshop Notes Packet

Presented by:

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Introduction to the Nurtured Heart Approach®

Intensity Is Not the Enemy

Building Inner Wealth® / Portfolio Development

The 3 Stands™ of NHA (an introduction)

Absolutely No! Absolutely Yes! Absolutely Clear!

Toys-R-Us

Stand #1: Absolutely NO! I refuse to energize negative behavior. Rather than react with elevated energy, attention, and relationship to disruptions and outbursts that distract children from their greatness, I will strive to neutralize negative behavior through immediate, concrete, and uncharged responses consistent with the harmonious environment I am creating.

Video Game Theory

Stand #2: Absolutely YES! I will relentlessly energize the positive. As much as possible, I will work immediately to identify, describe, and express appreciation for steps (large and small) a child takes in manifesting his or her positive choices and intrinsic greatness. I will actively initiate opportunities for children to be successful.

New Ways of Being Positive

Build the Foundation First

Stand #3: Absolutely CLEAR! I will maintain total clarity about rules that demonstrate fair and consistent boundaries. I will consistently enforce rules and provide immediate consequences through resetting each time a rule is broken. I will recognize the child in the moment they have reset and create that next moment as an opportunity for success.

Why Traditional Time-Outs Fail

Basketball Game Analogy

Transformation: The 3 Stands™ of NHA Working Together

Additional Notes: