

ABOUT OUR COACH & TRAINER

I am Satvinder Kaur (GINNI Vohra), a passionate Life Coach, Parenting Master coach, Certified counsellor & Empowering Soft skills & Life skills Trainer & Personality development coach dedicated to helping individuals unlock their true potential and create successful, purposeful & fulfilling lives.

Expertise:

- Parenting Master Coach (Certified in Toddler, Mid-schooler & Teenage parenting):

Founder of "Friendly Parenting", With 26 years of experience in parenting, I'm Specialized in guiding parents through every stage of childhood, from toddlers to teenagers. Hundreds of parents have benefitted through my parenting courses & Personal counselling sessions, that address different age groups, a great way to provide targeted support to parents.

- Life Skills & Soft Skills Trainer at World Class Skill Centre, an initiative by Sun Foundation & Government of India.

Creator of "UPDATE TO UPGRADE": This unique life skills & Soft skills program, designed in collaboration with Sun Foundation and student input, empowers individuals to transform their lives. I'm proud to share, already more than 2500 students have benefitted through this course, equipping them with essential life skills & Soft skills for personal and professional growth.

- Also developed a comprehensive "INTERVIEW READINESS PROGRAM" designed to empower individuals to excel in their job interviews. This program equips individuals with the necessary skills and knowledge to confidently navigate every aspect of the interview process, from preparation to execution.
- ICF-Accredited Life Coach: My commitment to excellence is reflected in my accreditation from the International Coach Federation (ICF). This rigorous credential ensures I provide the highest standard of coaching practices. I have had the privilege of personal coaching and counselling of over 1,000 individuals, supporting them in navigating both professional and personal challenges.

My Mission & Vision:

- Mission: To guide individuals in their journey from ordinary to extraordinary, achieving their full potential and designing the life they truly desire.
- Vision: To empower 1 Million Individuals through different training programs, leading them to happier, healthier, progressive, and more successful lives.

OUR SERVICES

- 1) 01:01 Counselling (Mode Offline & Online)
- 2) Group Counselling (Mode Offline & Online)
- 3) Dedicated Courses (Mode Offline & Online)
- 4) Seminars & Workshops
- 5) Online Webinars

Parenting coaching

Parent coaching involves a strengths-based approach to teaching parenting, giving clear, explicit directives to parents, and caregiver, and designed to improve challenging behaviours in children and youth.

Parent coaching is focused on why the child is behaving this way in the present moment, and what current specific actions are needed by the caregiver/parent to alter in order to Nourish the child's behavioural response.

The parenting coach is a trained professional who helps the clients face their parenting challenges by providing guidance, tools and strategies. Coaching for parents greatly benefits, clients who want to overcome their weaknesses and become the parents they aspire to be. A coach aims to make the clients capable of handling their parenting issues as well as achieve their parenting goals themselves.

Benefits of parenting coaching

1.Sort you out: -before helping a child, it's important for a parent to become one's ideal Self. This helps parents become more fulfilled and make their parenting more effective.

2.Help a child cope up: - It enables a parent to help their children, manage social and academic pressures, by providing the necessary tools for a child's mental & emotional well-being that prepares a parent to help a child deal with frustration, peer pressure or sibling rivalry.

3.Seeing through child's eyes, A coach makes the client look at an issue through the child perspective. This broadens a parent's horizon and helps them understand the needs of a growing child. Sometimes it's a parent who needs adjust as per the child, not the other way round.

4.Improving the connection: -Coaching can greatly help a client build effective communication with their children that include active listening and empathetic speaking to make your child feel important. It is also crucial for a parent to not to react but thoughtfully respond to a given situation, it's good communication that strengthens the bond of a family.

5.Check quality behaviour, many times, a parent witnesses, a child display unwanted traits such as bowling, lying or throwing tantrums. A parent may act a bit too harshly with their child making the matter worse (spanking, screaming, grounding). Parenting coach can provide with suitable strategies to correct these behavioural issues. The coach can also help a client counsel a child during these difficult phases.

Here's how we present our Parenting Course topics:-

General Parenting Tips (Age-Neutral Topics)

1. 5 Modern challenges and solutions
2. 7 important qualities for parents to have
3. Science of parenting a) what is parenting B) types of parenting
4. 5 common parenting mistakes
5. What is parenting change and how to adapt to become 21st century parent?
6. Traditional versus modern versus friendly parenting
7. Safe parenting practices

Age specific Topics

The Wonderful World of Toddlers (Ages 2-6)

1. Embracing the Journey of Parenting & Exploring Diverse Parenting Styles
2. Liberating Ourselves from Digital Addiction
3. Managing Tantrums with Love, Free from Tears and Fears
4. Instilling the Value of Honesty in Our Children
5. Cultivating Independence and Responsibility: Empowering Our Children for Life
6. Heart-to-Heart Parenting, 6 Ways to Emotionally Connect with your child
7. From tears to cheers, how to make school days, happy and stress-free for you and your kid
8. Discipline your child with love: Embrace the cycle of Reward, Ignore & Repeat

Guiding Your Mighty Mid-Schooler (Ages 7-11)

- 1) How to discipline your child without punishment
- 2) 6 simple ways to connect emotionally with your children to understand them better
- 3) Making telling truth easier for your child
- 4) Tech and mid schooler
- 5) How to handle tantrums with love
- 6) How to raise your Child's confidence
- 7) How to improve your Child's academic performance

Teen Talk: A Guide for Parents (Ages 12 and beyond)

- 1) 7 golden rules to be a friendly parent to your teen
- 2) How to discipline your Teen without punishment
- 3) How to talk so your Teen listens to you
- 4) Making telling truth easier for your teen
- 5) Tech and Teenager
- 6) How to handle tantrums with love
- 7) Teens and drug abuse
- 8) How to raise your Child's confidence
- 9) How to improve your Child's academic performance

Life Skills: Your Key to New-Age Living:

- Life skills are the abilities and knowledge that we need to live our lives effectively and independently.
- Life skills are important for success in all areas of our lives, from our personal relationships to our careers.
- I believe that life skills are not fixed traits, but learnable and developable tools as well as strategies for navigating the modern world.

- With my program, you can become the architect of your own life, crafting a future filled with purpose and satisfaction.

Ready to Upgrade Your Life?

Take the first step towards your empowered future by learning more about my transformative life skills program, "

- This program equips you with essential life skills, the **building blocks of personal growth, effective communication, resilience, and ultimate well-being**. By investing in this program, you gain the tools to:
- **1. Take Control of Your Life:** Develop **self-management skills** like goal setting, time management, Anger and stress management. Prioritize tasks, make informed decisions, and handle challenges with confidence.
- **2. Build Meaningful Connections:** Enhance your **communication and interpersonal skills**. Master active listening, effective speaking, and conflict resolution. Foster empathy, assertiveness, and strong teamwork for positive relationships.
- **3. Solve Problems & take Informed decisions with Confidence:** Hone your **critical thinking and problem-solving abilities**. Learn to analyse situations, make informed choices, and find innovative solutions to any challenge.
- **4. Embrace Emotional Intelligence:** Develop your **emotional intelligence**. Manage your emotions and understand others'. Build resilience, handle Anger & stress effectively, and cultivate strong relationships through empathy and social skills.
- **5. Adapt and Thrive to Unlock Your Full Potential:** Gain the **adaptability and resilience** to navigate change and overcome setbacks & Embrace flexibility, perseverance, and optimism to thrive in an ever-evolving world.
- **Investing in this program is an investment in yourself.** Enhance your self-confidence, self-efficacy, and understanding of yourself and others. Contribute to your mental and emotional well-being for a fulfilling life.

Topics to be covered

1. Self-Awareness –

Self-Awareness: you must know yourself to grow yourself. Having a clarity on your strengths, weaknesses, abilities, Interests, Aspirations, Values helps you to be successful in your Personal & Professional life.

2. Setting Smart Goals

In essence, goals are essential for a fulfilling and successful life. They provide direction, motivation, and a sense of accomplishment, allowing you to reach your full potential.

3. Informed Decision making & Problem solving

These skills to navigate complex situations, overcome challenges, and achieve goals effectively. Demonstrating proficiency in both decision-making and problem-solving is highly valued by employers across various industries.

4. Lifestyle & Stress Management

Stress Management: A Crucial Skill of 21st Century

Stress is a common experience in today's fast-paced environment. However, the ability to manage stress effectively is a key differentiator for personal & professional success.

5. Take Charge of your Time

Feeling overwhelmed and behind schedule? Do you ever wish you had more hours in the day? This workshop will equip you with powerful time management strategies to achieve more in less time, reduce stress, and boost your overall productivity.

6. Effective Anger management

Tame the Flame: Effective Anger Management for a Calmer, More Composed You

Do you ever feel like your anger controls you? Does it lead to frustration, conflict, and missed opportunities? You're not alone. Anger is a natural human emotion, but it's how we manage it that truly matters.

7. Foundation of a Healthy Relationship

The Art of Connection: Mastering Relationship Management

Building strong relationships is a cornerstone of personal and professional success. This workshop equips you with powerful soft skills to navigate diverse interactions and foster meaningful connections.

9. Successful Teamwork

Teamwork is the collaborative effort of a group of people working towards a shared goal. It's about leveraging individual strengths, open communication, and mutual support to achieve something greater than any one person could alone.

10. Strong Work Ethics

Alright everyone, let's talk about the backbone of any successful professional: Strong Work Ethic! Think of it as your personal code of conduct in the workplace. It's about the values that drive you to consistently deliver your best effort.

Why choose me

As your Master Coach & Trainer, I believe in a supportive and solution-oriented approach tailoring my guidance to address the unique challenges and needs of each family. Here are some key aspects of my methodology:

- 1) **Interactive Workshops:** Engaging participants through dynamic, hands-on workshops that cover various aspects, encourage active participation and real-time problem-solving.
- 2) **Evidence-Based Strategies:** Utilizing proven techniques backed by research to provide practical, actionable advice. This ensures that participants are equipped with reliable tools to handle everyday challenges effectively.
- 3) **Role-Playing and Simulations:** Conducting role-playing exercises to help you practice and refine your responses to different scenarios. This builds confidence and prepares you for real-life situations.
- 4) **Collaborative Learning:** Fostering a community of learners where you can share experiences, support each other, and gain new perspectives. Peer learning is a powerful tool that enhances understanding and empathy.

- 5) **Continuous Support and Feedback:** Maintaining an open line of communication with participants for ongoing support and feedback. Regular check-ins ensure that you feel supported and can track your progress.
- 6) Inclusive support for everyone: - My coaching programs are designed for everyone, whether you're a working professional, student or a home maker, a parent or a child, you got my support.
- 7) I offer a **preventive approach**, helping you avoid problems before they arise.
- 8) Even with the best intentions, things can get out of hand sometimes. I'll partner with you to develop a personalized intervention plan that fits your unique needs that includes exploring the root cause of the current difficulties you're facing, providing strategies to address the specific challenges.
- 9) We'll work together to implement the plan, monitor progress, and adjust strategies as needed.
- 10) My programs are designed to be accessible and flexible, (both Online & offline, for both group & Individual) fitting into your busy life.

INTERVIEW READINESS PROGRAM

With years of experience helping individuals unlock their true potential, I'm here to guide you through the essentials of interview preparation. Follow these golden rules to ensure you present yourself as the confident, competent candidate you are.

Preparation is Key: Unlocking Your Potential

We'll work together to ensure you're fully prepared for interview day. Here's what we'll cover:

1. **Documentation Done Right:** Resumes, cover letters, references – we'll make sure your documents are polished and highlight your skills and experience in a way that grabs attention. Before stepping into the interview room, ensure that all your documents are in order. Having these documents ready and organized demonstrates your attention to detail and preparedness.

2. **Dress to Impress:** Your attire can significantly impact the impression you make. Dressing appropriately shows respect for the interviewer and the company. We'll discuss interview attire that makes you look confident and professional, reflecting the company culture.
3. **Wait to Create Your First Impression:** From the moment you walk in, first impressions are crucial and are often formed within the first few seconds of meeting someone. We'll practice greetings, body language, and professional communication to make a positive impact.
4. **The Power of Communication:** Effective communication is key to acing your interview. It's not just about what you say, but how you say it with **Clarity and Conciseness**. Listen carefully to the interviewer's questions and respond thoughtfully. **Non-Verbal Cues:** Maintain eye contact, use appropriate facial expressions, and avoid fidgeting.
5. **Practice Makes Perfect:** Mock interviews are your secret weapon. We'll conduct practice sessions tailored to specific positions, helping you anticipate questions, articulate your responses effectively, and manage interview anxiety.

Don't just land the interview – Ace it!

By working together, you'll be equipped to:

- Navigate different interview formats with confidence.
- Deliver powerful answers that showcase your skills and experience.
- Ask insightful questions that demonstrate your genuine interest in the opportunity.
- Leave a lasting positive impression on the hiring manager.

Ready to take control of your interview success?

Schedule your consultation today and let's unlock your interview potential together!

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