



## The Nurtured Heart Approach

### Six Week Workshop for Parents & Caregivers

Click on the QR code below to meet the trainer and to find out why this class is for you!!



<b>DATES:</b>	<u>Week 1 - February 21, 2023</u>	Time 6:00pm - 7:30pm
	<u>Week 2 - February 28, 2023</u>	Time 6:00pm - 7:30pm
	<u>Week 3 - March 7, 2023</u>	Time 6:00pm - 7:30pm
	<u>Week 4 - March 14, 2023</u>	Time 6:00pm - 7:30pm
	<u>Week 5 - March 21, 2023</u>	Time 6:00pm - 7:30pm
	<u>Week 6 - March 28, 2023</u>	Time 6:00pm - 7:30pm

**PLACE:** Zoom (link will be emailed out prior to training)

**REGISTER:** Please send Parent/Caregiver name and email address to Andrea Nordness at [anordnes@placer.ca.gov](mailto:anordnes@placer.ca.gov)

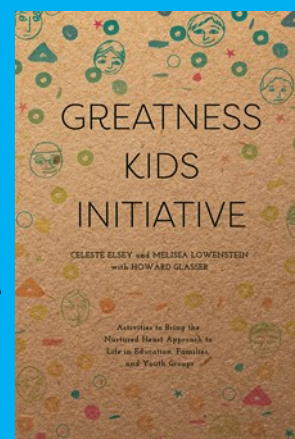


Celeste Eley, M.A. Special Education, has been an Advanced Trainer in the Nurtured Heart Approach® (NHA) for the past 14 years. She has trained parents, caregivers, therapists, social workers and educators across the United States. Celeste leads Greatness Kids Initiative groups, teaching youth how to use NHA in their own lives. She has recently authored a book to share Greatness Kids Activities with the world. Celeste is motivated to promote NHA through her love of public speaking, supporting others to make a positive difference in the lives of children and to ensure that all children feel seen. Celeste's background in education includes teaching special education in middle school, alternative education in middle school and high school as well being an instructional coach for teachers at all grade levels. She has recently retired from teaching as a special education teacher in a K-8 setting. She and her husband Joe reside in Florida, have raised 3 boys, have three grandchildren and use NHA in all aspects of their lives.

#### **Feedback from past attendees:**

- Your training exceeded expectations. It was so wonderful and your recognitions of individuals and the group were so meaningful. You encouraged the participants to feel brave and to trust the group. Someone mentioned that they felt like the training was designed just for them.

- I really enjoyed the classes. I wish I could just take you with me through my life of parenting. Thank you so much for taking me one step closer to being with my daughter.





# A Snapshot of the Nurtured Heart Approach®

The Nurtured Heart Approach® (NHA) is more than just a parenting or educator behavior management strategy. It is a **philosophy for creating healthy relationships with the people in your life**. Originally created by Howard Glasser in 1992, NHA is being successfully implemented through families, classrooms, foster care, health care professionals, social workers and criminal justice organizations that are seeking successful, early intervention techniques.

The Nurtured Heart Approach consists of a set of strategies that assists children in further developing their self-regulation and has been found effective with children of all ages. It focuses on transforming the way children perceive themselves, their caregivers and the world around them. Children learn to understand that they will receive endless amounts of praise, energy, recognition and reward through the positive behavior they display and this supports children to build a positive portfolio of themselves, which we call “Inner Wealth®.”

**Intensity** is key to Nurtured Heart Approach thinking. Unfortunately the word intensity has negative associations in our society and teachers, parents and childcare workers can view it as the enemy. In Nurtured Heart Approach® thinking we believe intensity is a powerful quality that, if developed correctly, can propel children onto amazing achievements. When a child learns to feel great about their intensity, the incidents of challenging behavior dissolve.

The Nurtured Heart Approach embraces The 3 Stands™, that when committed to, become a powerful means of transforming children:

## **Stand 1: ABSOLUTELY NO!**

I refuse to give my time, energy and relationship to negative behavior. I will not accidentally foster failure nor will I reward problems by responding to them in animated ways. I will save my time and energy for searching for success.

## **Stand 2: ABSOLUTELY YES!**

I will relentlessly and strategically pull the child into new patterns of success. I will constantly recognize the success and achievement that children are displaying no matter how small and present them with clear undeniable evidence of their value and how great they are.

## **Stand 3: ABSOLUTELY CLEAR!**

I will have clear and consistent consequences for children when a rule has been broken. “Here are the rules, and here’s what happens when you break a rule.”

## **How do I get more information?**

For information on books, audio material, online courses and live trainings, please visit: the Nurtured Heart Institute at <https://www.nurturedheartinstitute.com>