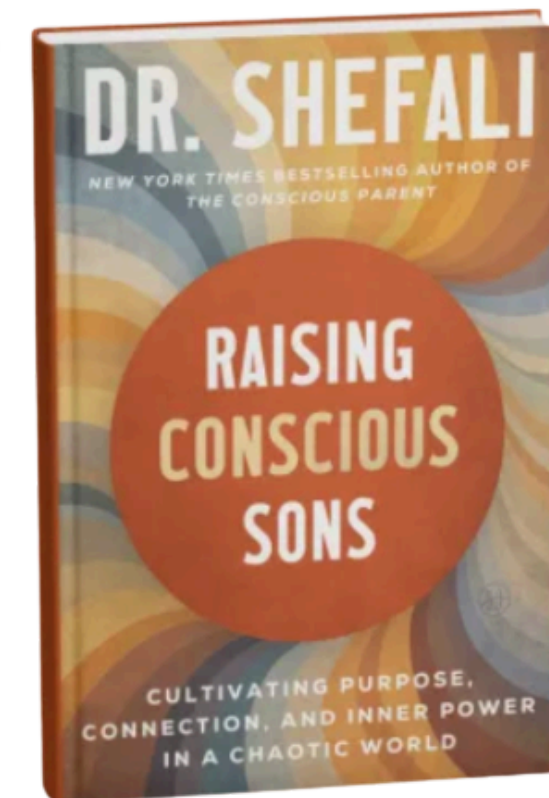
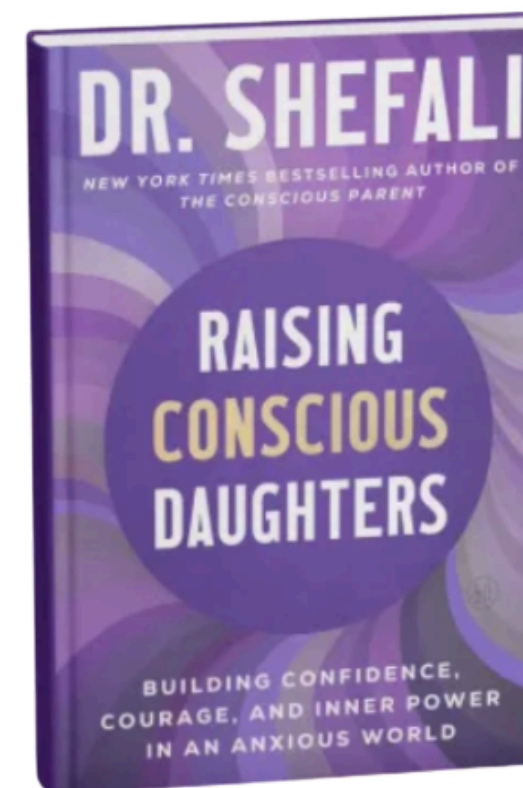




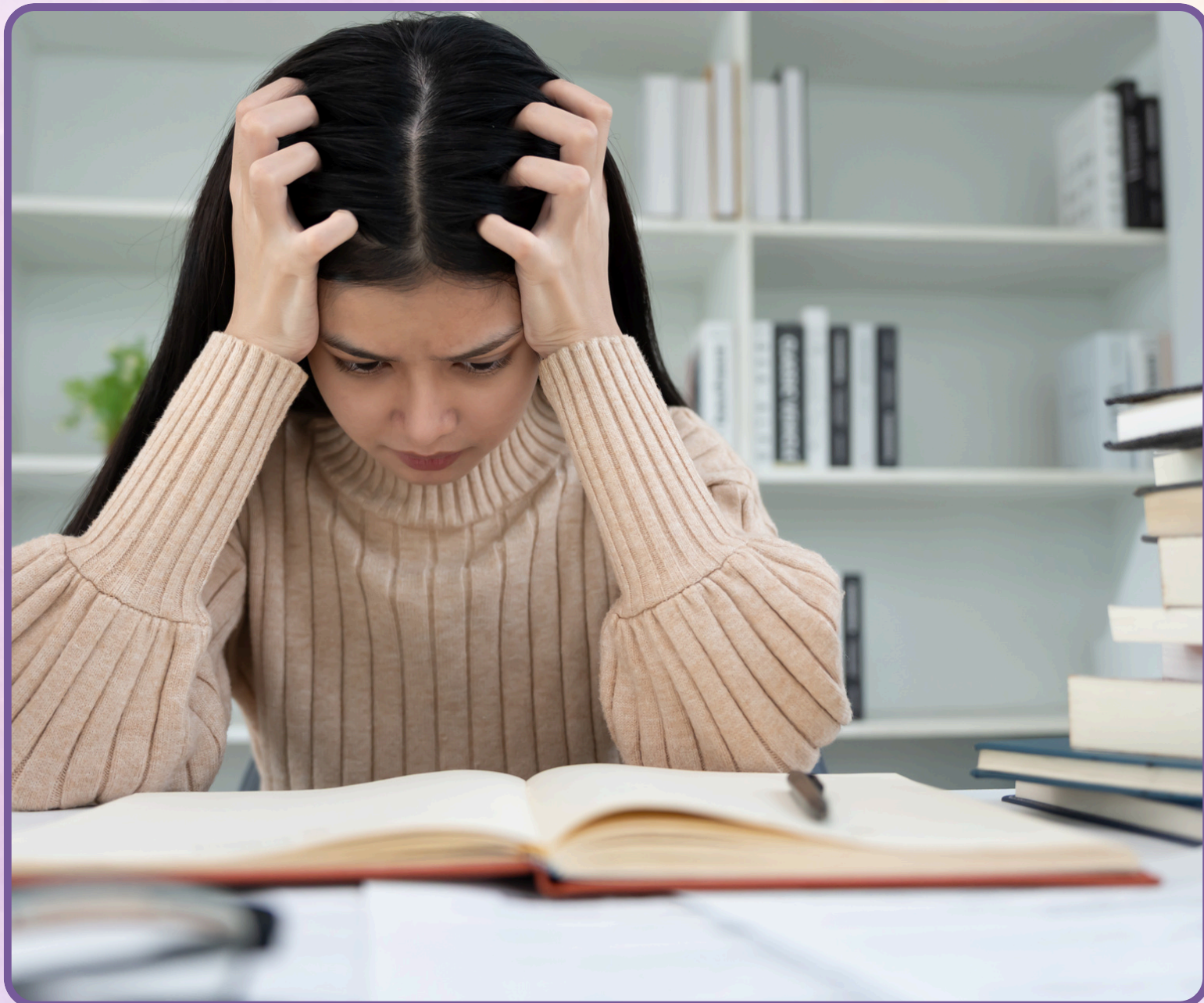
with Dr. Shefali

Be Part of the Conscious Parenting Revolution

**Conscious Parenting has the power to raise
emotionally whole and
resilient children in the digital era.**



THE REALITY SCHOOLS AND FAMILIES ARE FACING



Across K–12 communities:

- ✿ Anxiety and emotional dysregulation are rising
- ✿ High rates of cyberbullying, loneliness, suicidal ideation, self-harm, & eating disorders.
- ✿ Parents feel overwhelmed and unsure how to help
- ✿ Educators are asked to meet emotional needs they were never trained for

DR. SHEFALI'S CORE MESSAGE

Children are not problems to be fixed.
They are mirrors inviting adults to awaken.

Conscious Parenting shifts the focus from controlling children's behavior to transforming how adults show up.

When adults change their presence, children
change naturally.

WHAT MAKES HER APPROACH DIFFERENT

Dr. Shefali bridges:

- ✿ Clinical Psychology
- ✿ Mindfulness and emotional awareness
- ✿ Parent–child relational science
- ✿ Real-world family dynamics



RAISING CONSCIOUS DAUGHTERS

Guiding Girls Toward their Sovereign Empowerment

Today's girls often appear confident and successful outwardly while struggling internally with anxiety, comparison, and self-doubt.

Dr. Shefali helps adults understand how to:

- ✿ Support authentic self-worth beyond achievement
- ✿ Reduce perfectionism and comparison
- ✿ Strengthen emotional resilience
- ✿ Help girls develop inner authority and self-connection



RAISING CONSCIOUS SONS

Guiding Boys Toward Purpose and Emotional Strength

Boys today face conflicting expectations about masculinity, identity, strength, and belonging.

Dr. Shefali helps parents and educators:

- ✿ Move boys beyond emotional suppression
- ✿ Support healthy expression and connection
- ✿ Cultivate purpose and belonging
- ✿ Redefine strength through emotional awareness





WHAT AUDIENCES EXPERIENCE

Dr. Shefali's talks are known for being:

- ✿ Insightful and transformative
- ✿ Deeply relatable for parents and educators
- ✿ Practical without being prescriptive
- ✿ Multi-session school partnerships

Audiences leave with a new understanding of both their children *and* themselves.

WHAT SCHOOL COMMUNITIES GAIN

Communities gain:

- ✿ Stronger culture of connection
- ✿ Increased parent engagement
- ✿ Alignment between home expectations and school values

Educators gain:

- ✿ Deeper insight into student behavior
- ✿ Shared language with families
- ✿ Tools that support emotional safety and learning

Parents gain:

- ✿ Greater connection with their children
- ✿ Reduced conflict and reactivity
- ✿ Confidence navigating emotional challenges
- ✿ An understanding of their own role and how self-healing is the first crucial step



ABOUT DR. SHEFALI

- ✿ Clinical psychologist trained at Columbia University
- ✿ New York Times bestselling author
- ✿ Founder of the Conscious Parenting movement
- ✿ Internationally recognized speaker and teacher

Her work has helped millions of families transform how they relate to children and themselves.

WHY THIS WORK MATTERS NOW

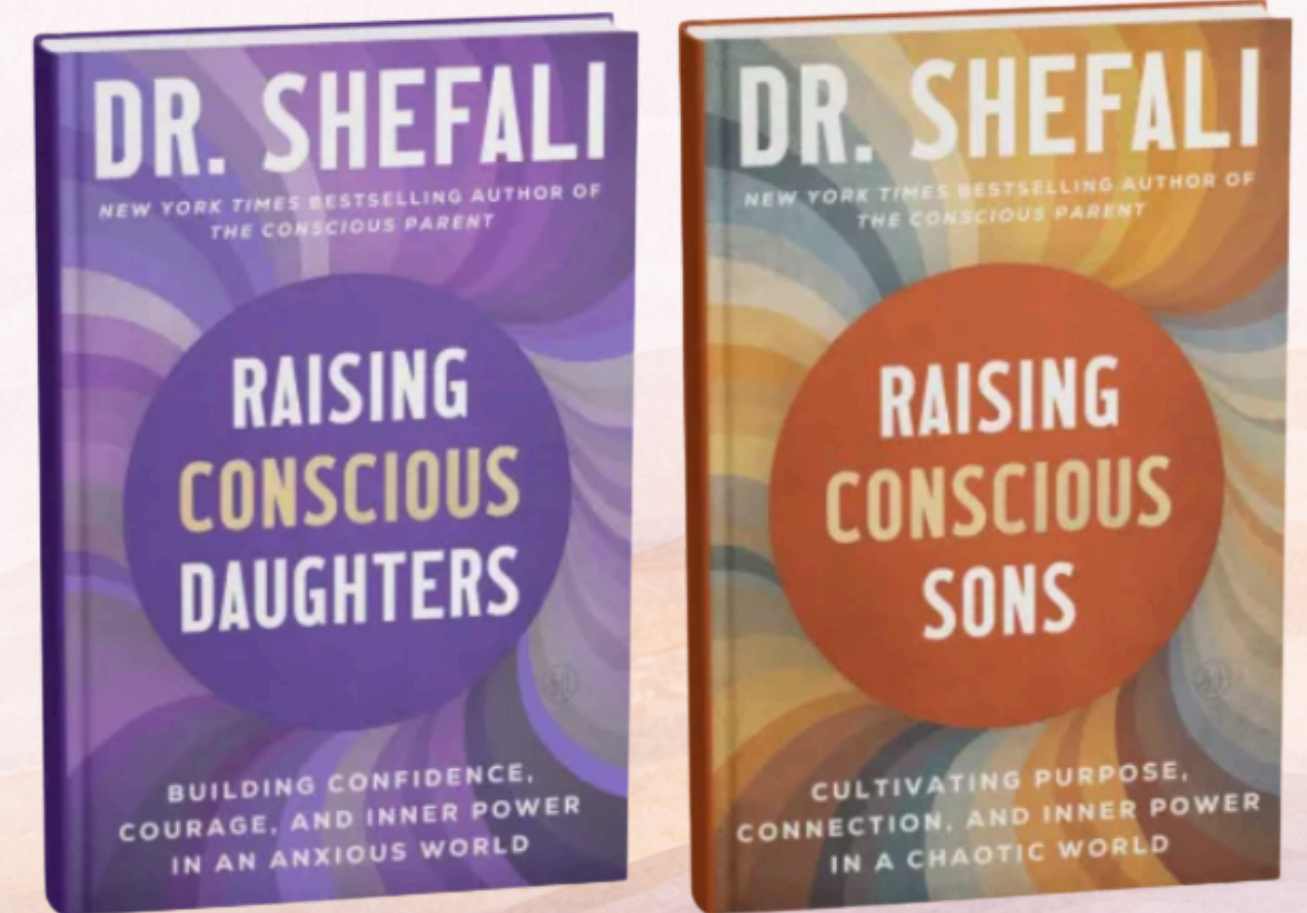
Children today do not need more pressure or perfection.

They need adults who understand their **inner world**.

Dr. Shefali helps school communities move toward connection, presence, and conscious growth — creating environments where children can thrive emotionally and academically.

**Raising Conscious Daughters:
Building Confidence, Courage, and
Inner Power in an Anxious World**

**Raising Conscious Sons:
Cultivating Purpose, Connection,
and Inner Power in a Chaotic
World**



Her books deepen the work introduced through live speaking experiences.