MOMENTOR
CONNECTION TOOLS & TECHNIQUES FOR HUMANKIND

Momentor Parent University - 2025 Session Catalog

Connection Tools & Techniques for Humankind
(Especially Those Guiding Our Future Generations)

At Momentor, we understand that it's not about perfection; it's about connection. Our Momentor Parent University sessions are tailored for real families and teams facing everyday challenges in today's dynamic world.

Whether you're guiding toddlers, teens, or twenty-somethings, navigating neurodiversity, balancing workplace pressures, managing the delicate dance between work, parenting, and caregiving, or simply seeking more peace and clarity, our sessions provide evidence-based tools, practical wisdom, and a sense of community.

Each session is a blend of insightful knowledge and actionable steps, empowering parents, caregivers, and leaders to develop skills, change behaviors, and foster stronger relationships.

When we know better, we can do better.

Momentor is here to stand with You, Your Family, Your Team. Join us and embark on a journey towards stronger connections and empowered relationships.

"What you focus on is what happens." – Dave Ramsey

Sessions & Tracks, September 1, 2025

TRACK 1: Core Foundations for Connected Parenting

1. Regulate Before You Educate: The Real Work of Being the Calm in Chaos
2. The Myth of the Perfect Parent: Ditching the Fixer Mentality
3. The Power of the Pause: When Emotions are Fired-Up - Stop, Drop, and Roll

TRACK 2: Emotional Intelligence & Nervous System Resilience

4. The Shadow Side of Parenting: What Our Kids (and Others) Trigger in Us
5. Boundaries Without Shame: The Art of Saying No With Love
6. From Conflict to Connection: How to Repair After Yelling, Shame, or Disconnection
7. Raising Emotionally Intelligent Kids: Teaching Empathy, Not Obedience

TRACK 3: Parenting Through Stress, Burnout & Overload

8. Parenting Through Burnout: Nervous System First Aid for Caregivers
9. The Transition Trap: Easing Morning Madness, After-School Chaos & Bedtime Battles

TRACK 4: Communication & Connection

10. Speak So Your Kids Will Listen (and Listen So They'll Speak)
11. Connected Discipline: Gentle Parenting for Real Life
12. When Emotions Hijack the House: How to De-escalate Meltdowns Without Losing It

TRACK 5: Ages & Stages: Tweens, Teens & Neurodevelopment

13. Middle School Mind-Field: Understanding Your Tween Without Losing Yours
14. Executive Function in Action: Supporting Focus, Flexibility & Follow-Through
15. The Whole-Brain Family: Tuning in to Brain Science

TRACK 6: Neurodiversity & Special Needs Support

16. Parenting a Neurodiverse Child: Strength-Based Strategies That Work
17. From Behavior to Beneath: Understanding the 'Why' Behind the What
18. The Relationship Is the Intervention: Everyday Moments That Build Secure Attachment
19. Educational Advocacy Demystified: 504s, IEPs & Supporting Kids at School

TRACK 7: Digital Life, Tech & Social Culture

20. Screens, Social Media & Self-Worth: Tips for Parenting in the Digital Age

TRACK 8: Generational Healing & Reparenting

21. Reparenting Yourself While Raising Your Kids & Rocking Your Career

TRACK 9: Bonus Deep-Dives & Specialty Topics

22. Sibling Rivalry, Big Feelings & Power Struggles: What to Do Instead of Yelling
23. The Relationship Reset: Everyday Rituals to Reconnect with Your Child (and Others)
24. Family Differences: Co-Parenting, Blended Families & Solo Journeys
25. Navigating the Unthinkable: Suicide & Self-Harm Awareness for Families (QPR based)
26. Healthy Mindset for Athletes & Workplace Warriors
27. Behavioral Performance Impacts & Impetus
28. Crisis Communication & Cohesion in the Workplace
29. Identity-Conscious Parenting & Education
30. Holding Hope Through Fertility Journeys
31. Not a Cookie Cutter Mom: Gut Health from the Inside Out
32. As the Nest Empties: The Empty Nester Evolution

Sessions, Tracks & Short Summaries

TRACK 1
Core Foundations for Connected Parenting

1. Regulate Before You Educate: The Real Work of Being the Calm in Chaos
"You can't teach a dysregulated child from a dysregulated state."
Learn how to become the calm anchor that your child needs. This session explores co-regulation, stress responses, and the power of emotional presence.

2. The Myth of the Perfect Parent: Ditching the Fixer Mentality
"Perfect isn't the goal - connection is."
Let go of performance parenting and step into authenticity. This session explores why trying to 'fix' children damages our bond with them.

3. The Power of the Pause: When Emotions are Fired Up – Stop, Drop, and Roll
"In the pause lies your power."
This session trains your nervous system to pause before reacting, creating space for presence, insight, and intentional connection – with a fun and active twist!

All sessions in this track are customizable and available as live or hybrid group experiences, or interactive workshops for parent groups, families, and workplace partners.

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TRACK 2
Emotional Intelligence & Nervous System Resilience

4. The Shadow Side of Parenting: What Our Kids (and Others) Trigger in Us
"Triggers aren't enemies - they're invitations to heal."
Learn how your child reflects back the parts of you that need attention, and how to respond with growth instead of guilt.

5. Boundaries Without Shame: The Art of Saying No With Love
"Loving limits create safe kids."
Learn how to hold firm boundaries with clarity and compassion while building connection and safety.

6. From Conflict to Connection: How to Repair After Yelling, Shame, or Disconnection
"It's not the rupture that breaks trust - it's the lack of repair."
This session offers tools and scripts for meaningful repair after conflict, teaching kids that relationships can survive and thrive after hard moments.

7. Raising Emotionally Intelligent Kids: Teaching Empathy, Not Obedience
"Raise good humans who think."
Explore how emotional literacy, empathy, and problem-solving create strong, socially attuned kids.

All sessions in this track are customizable and available as live or hybrid group experiences, or interactive workshops for parent groups, families, and workplace partners.

TRACK 3
Parenting Through Stress, Burnout & Overload

8. Parenting Through Burnout: Nervous System First Aid for Caregivers
"You can't pour from an empty cup - and you deserve not to."
This session provides tools for resetting, restoring, and showing up without guilt, even when you're at capacity.

9. The Transition Trap: Easing Morning Madness, After-School Chaos & Bedtime Battles
"Routines that work with - not against - the nervous system."
Learn how to ease stress around transitions and daily rhythms through nervous system-aware strategies.

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TRACK 4
Communication & Connection

10. Speak So Your Kids Will Listen (and Listen So They'll Speak)
"Communication that builds trust instead of tension."
Grounded in Nonviolent Communication, this session helps you connect through intentional language and respectful boundaries.

11. Connected Discipline: Gentle Parenting for Real Life
"Discipline without disconnection."
This session gives practical alternatives to punishment, rooted in empathy, curiosity, and long-term growth.

12. When Emotions Hijack the House: How to De-escalate Meltdowns Without Losing It
"Regulation before reasoning."
Learn how to respond to big emotions with calm authority and build emotional literacy in your household.

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TRACK 5
Ages & Stages: Tweens, Teens & Neurodevelopment

13. Middle School Mind-Field: Understanding Your Tween Without Losing Yours
"They're not broken. They're becoming."
Understand the social, emotional, and brain development shifts of middle schoolers and how to stay connected during the most misunderstood phase of parenting.

14. Executive Function in Action: Supporting Focus, Flexibility & Follow-Through
"It's not disobedience - it's human development."
This session helps you support your child's planning, focus, and organization through brain-based scaffolding, rerouting criticism and blame.

15. The Whole-Brain Family: Tuning in to Brain Science
"Upstairs brain. Downstairs brain. Whole-family healing."
Learn how the brain's architecture shapes behavior and how to foster ways for the entire family to tune in.

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TRACK 6
Neurodiversity & Special Needs Support

16. Parenting a Neurodiverse Child: Strengths-Based Strategies That Work
"Your child isn't broken - your window might be foggy."
Co-presented with Ashley Henderson (family support specialist and caregiver advocate) and rooted in neurodivergent-affirming practices, this session offers strategies that honor your child's unique wiring – while better understanding your own.

17. From Behavior to Beneath: Understanding the 'Why' Behind the What
"See the stress, not just the story."
This session reframes behavior as a reflection of nervous system overwhelm and provides tools to support safety and independence.

18. The Relationship Is the Intervention: Everyday Moments That Build Secure Attachment
"Connection is the curriculum."
Learn how ordinary, attuned interactions create extraordinary developmental change - especially for kids with sensory, behavioral, or learning challenges.

19. Educational Advocacy Demystified: 504s, IEPs & Supporting Kids at School
"Unlocking understanding and empowering advocacy."
Co-presented with Victoria Gwilt (cltcounseling.com), this session demystifies school supports and empowers families to advocate for their child's learning needs.

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TRACK 7
Digital Life, Tech & Social Culture

20. Screens, Social Media & Self-Worth: Parenting in the Digital Age
"Guide them, don't ghost them."
This session helps parents navigate digital boundaries, tech talk, and the emotional impact of social media with grounded confidence.

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TRACK 8
Generational Healing & Reparenting

21. Reparenting Yourself While Raising Your Kids & Rocking Your Career
"Healing you is healing them."
Explore how your past experiences shape how you show up each day – at home, socially, and at work. Consciously reparenting ourselves creates space for personal growth, and for relationship growth with our parents, our children, our partner, our teammates, and our friends.

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TRACK 9
Bonus Deep-Dives & Specialty Topics

22. Sibling Rivalry, Big Feelings & Power Struggles: What to Do Instead of Yelling
"Behavior is communication. Sibling conflict is a curriculum."
Learn what fuels sibling tension and how to shift from refereeing to relationship-building as a team sport.

23. The Relationship Reset: Everyday Rituals to Reconnect with Your Child
"Little moments. Big repair."
Daily disconnection is real. This bonus session introduces small rituals that restore emotional closeness fast - no extra time required.

24. Family Differences: Co-Parenting, Blended Families & Solo Journeys
"There's no one right way to raise a family - and connection is always the path."
This session offers practical tools and emotional insight for navigating the unique challenges of co-parenting, solo parenting, divorce, and blended family life with grace, clarity, and care.

25. Navigating the Unthinkable: Suicide & Self-Harm Awareness for Families
"Courageous conversations save lives."
Designed to reduce stigma and increase safety, this session gives parents the language, signs, and support strategies to navigate self-harm and suicidal ideation with empathy and presence.

26. Healthy Mindset for Athletes & Workplace Warriors
"Your mindset is your momentum."
Co-presented with Mike Hartman (healthymindsetapp.com), this session offers tools to build mental fitness, resilience, and clarity for high-performance environments at home and work.

27. Behavioral Performance Impacts & Impetus
"What we believe drives how we behave."
Co-presented with Cathy Maday (wingspanperformance.com), this session explores the neuroscience and psychology behind performance patterns, motivation, and breakthrough change.

28. Crisis Communication & Cohesion in the Workplace
"Strong teams withstand the storm."
Co-presented with Dianne Chase (chasemedia.us), this session equips organizations and parents with tools to navigate crisis with clarity, regulate under pressure, and communicate across uncertainty.

29. Identity-Conscious Parenting & Education
“Building habits of awareness, reflection, and inclusion around identity.”
Co-presented with Lisa Pizzi (growingjoyful.com), and inspired by the work of Liza Talusan, this session informs attendees of how Identity informs our social interactions, decision making, and behaviors at school, work and in our personal communities. Learn how to talk about what makes up Identity: race, socioeconomic status, and religion among the many other markers of identity in value-aligned ways.

30. Holding Hope Through Fertility Journeys
“Navigating the Emotions, Expectations & Uncertainty of Family Building”
This deeply sensitive session offers support for parents and caregivers navigating fertility, IVF, loss, or the path to parenthood. With compassion and care, we explore how to build resilience, seek support, and stay connected through the unknown.

31. Not a Cookie Cutter Mom: Gut Health from the Inside Out
“Thriving starts inside, not with your to-do list.”
Co-presented with Dr. Kate Ricciardi (DigestionByDesign.com), this session serves up a fresh take on mom wellness by connecting digestive health to mood, energy, and everyday joy. We’ll swap the guilt for curiosity, explore how your gut really runs the show, and share simple, tasty ways to nourish yourself so you can show up as the mom (and woman) you want to be.

32. As the Nest Empties: The Empty Nester Evolution
“The quiet isn’t empty — it’s full of new beginnings.”
Explore the identity shift that comes with launching kids into adulthood and discover how to reconnect with your passions. This session reframes empty nesting as an evolution filled with possibility, purpose, and personal growth. Co-presented with Lucy Ward (journeyhopeandwellness.com).

All sessions in this track are customizable and available as live or hybrid group experiences, or interactive workshops for parent groups, families, and workplace partners.

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All sessions in this catalog are customizable and available as live or hybrid group experiences, or as interactive workshops for parent groups, families, and workplace partners. Many are also offered as a series or as a half day or full day workshop. Contact Momentor to engage: hello@mymomentor.com, 704.607.0569.