



PARTNERSHIP FOR AWARENESS
PRESENTS

Untigering: Peaceful Parenting

Shifting from power-over parenting to power-with parenting



Iris Chen
(she/her)

Iris Chen is an author, peaceful parenting advocate, certified parent coach, and founder of the Untigering movement. She started out as an authoritarian tiger mom whose goal was to raise obedient and high-achieving children. When her attempts to control and mold them only led to constant tantrums and explosive conflict, she knew something needed to change... and it wasn't her children! Through her writing and speaking, Iris now shares her journey of healing and shifting from power-over parenting to power-with parenting. Her mission is to inspire and support others to make the shift, especially among Asian communities. You can read more about her adventures in her bestselling book, *Untigering: Peaceful Parenting for the Deconstructing Tiger Parent*, and on her blog at untigering.com.

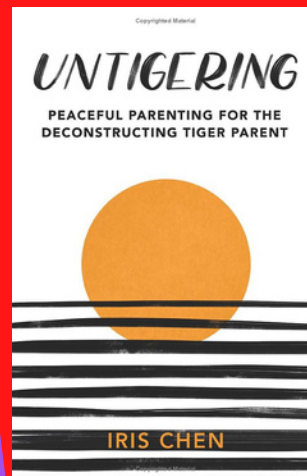
PartnershipForAwareness.org

TUESDAY

September 19, 2023

6 pm PDT

Barth Community Room
Crowell Public Library



Discussion Topics

- Unpacking our own beliefs about success and how we came to them
- Recognizing the stress, pressure, and negative outcomes of traditional definitions of success
- Cultivating a new mindset towards success that is rooted in connection, competence, choice, and consent.