

LIVE ZOOM WITH RENEE JAIN AND DR. SHEFALI TSABARY Zoom Link:

https://us02web.zoom.us/s/853950 81432#success

> THURSDAY, MARCH 11, 2021 5:00 PM

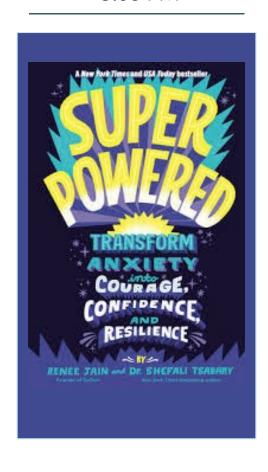




Does your child struggle with pressure from school, friends, grades, or life in general? Renee Jain and Dr. Shefali Tsabary will take you on a journey where you'll find strategies, science, and more to help transform stress into courage worry into confidence, and anxiety into resilience with their recently published book, **SUPERPOWERED**, **Transform Anxiety into Courage, Confidence, and Resilience.**

Renee Jain, MAPP, is the founder of GoZEN! and is recognized as a pioneer in marrying technology and child psychology. Through her writing and masterclasses for parents and children's advocacy, Renee offers a unique approach that nurtures and builds social-emotional learning, emotional intelligence, critical thinking, and empathy.

Dr. Shefali Tsabary is a New York Times bestselling author and world-renowned clinical psychologist. Dr. Shefali is the author of *The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children; Out of Control: Why Disciplining Your Child Doesn't Work and What Will; and The Conscious Parent: Transforming Ourselves, Empowering Our Children, forward by the Dalai Lama and hailed by Oprah as one of the most profound books on parenting.*



Discussion topics will include:

- Transform our relationship with anxiety
- Navigate through and grow from challenges
- Transform big feelings and emotions
- Kick procrastination to the curb
- Co-create meaningful longterm goals with kids
- Parenting in the Pandemic