



LIVE ZOOM WITH RENEE JAIN AND
DR. SHEFALI TSABARY Zoom Link:
<https://us02web.zoom.us/j/85395081432#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 long-term goals with kids
- Parenting in the Pandemic