

Center for the Women of New York



PARENTING SCHOOL CHILDREN DURING A PANDEMIC WORKSHOP

Presented by

Sandra X Pradas Martin, CPC, ELI-MP Parent & Leadership Coach, Certified Positive Discipline
Parent Educator

Joanne Tsianos, Certified Health Coach, Founder of the QueenBee Club

Moderated By

Victoria Pilotti
President

& Cecilia Venosta-Wiygul
Vice President

Center for the Women of New York

Thursday, October 15, 2020

About CWNY



Since our founding in October of 1987, the Center has shown that women working together can be an effective force. We are a voluntary, non-profit organization, dependent on dues from our members and on the volunteer efforts of business, professional and community women and men in New York City.



We advocate strongly for women's full equality by partnering with like-minded organizations and elected officials. We participate in women's marches and organize symposia on topics like domestic violence and human trafficking. We help women in crisis through referrals to social services.



At the Center for the Women of New York, we believe education is a cornerstone of women's economic independence. To that end, we offer classes in conversational ESL, computer skills, and other topics, and an annual Career Conference to enable women to gain employment and rise in the workplace.



Whether we're marching for worthy causes, celebrating women's accomplishments in leadership, the arts, or sports, camaraderie is a hallmark of CWNY. We've come a long way since the Second Wave of the Women's Movement in the latter half of the 20th century, and while there are many struggles ahead, we celebrate how far we've come.



PARENTING SCHOOL CHILDREN DURING A PANDEMIC

The goal of this workshop is to provide tips and resources to manage the stress of virtual and blended learning. CWNY wants to support parents always, but particularly during times of personal crisis and turmoil.

Participants are encouraged to ask questions and to share their parenting experiences and concerns either via chat during the presentation, or by participating in our open discussion after the presentations.



Sandra X Pradas Martin



www.SelfBalancedSolutions.com

Sandra is a parenting coach and the founder of Self Balanced Solutions, LLC. She has been providing coaching and self-improvement for 17+ years. Her most important credential is that of a mother: 5th grader, 4th grader and 2-year-old.

Sandra equips parents with tools and strategies that address parenting at its core – merging mindset & self-awareness with positive & conscious parenting. Combining these spheres, Sandra teaches parents how to connect, engage and communicate with their children to encourage positive behavior, establish limits & boundaries, identify clear family values and empower emotional resilience.

Sandra's 17 years have included: individual client work (in therapeutic & non-therapeutic settings), training & facilitation, workshop & curriculum development, leadership & consciousness training, is a certified Energy Leadership Master Practitioner (ELI-MP™), member of international coach federation (ICF) and its NYC chapter, a graduate of Fordham University, received her coach training & certification from iPEC (Insitute for Professional Excellence in Coaching), and certified Postive Discipline Parent Educator from the national Positive Discipline Association.

Sandra has also been a contributing author in the Today's Inspired Latinas book series (Volume 2), consulted for Lawrence University and its faculty advising program and continues consulting The Hispanic Federation's CREAR FUTUROS mentorship program.

Whether Sandra is working with private clients or hired for workshops and consulting projects, she incorporates all her strategies from coaching parents, leadership trainings, personal development and high conscious living to deliver top quality coaching to her clients.



CWNY Webinar
Parenting School Children in a Pandemic

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It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.

~ Joyce Maynard



Me & My Family



*because effective parenting
is learned,
not inherited*

CONNECTION BEFORE CORRECTION

My Goals

1.

2.

3.








*“Work with Me” tab
on www.SelfBalancedSolutions.com*

Take a Deep Dive & Connect with your "Higher Parent"

- ✓ Identify where your triggers come from
- ✓ Be able to press pause in the chaos and consciously choose more anabolic ways of responding and managing the power struggle, defiance and tantrums
- ✓ Be empowered with tangible alternatives to your current parenting
- ✓ Learn how your mindset, attitude & perspective are influencing your parenting

**Self-awareness builds mindfulness
and this personalized blueprint gives you
a snapshot on the key factors that influence your parenting.**

A photograph of a human brain, viewed from above, held gently in the palms of two hands. The hands are positioned on either side of the brain, with fingers slightly curled. The brain is a light gray color with prominent gyri and sulci. The background is a plain, light color.

“Brain in the Palm of Your Hand”

By
Dr Dan Siegel



To Belong
To Be Seen
To Be Heard
To Be Valued
To Feel Significant

BATTLING WITH YOUR KIDS?



STOP BATTLING &
Start Connecting

Want to further
this work on your own?

We encourage you
to check out ..

- ❑ ***5 module self-study program***
- ❑ videos, presentations and audios
- ❑ content topics include ..
 - ❑ Deepening Communication
 - ❑ Validate w/o Spoiling
 - ❑ Conscious Discipline with Conscious Consequences
 - ❑ Mindful Mom Time
 - ❑ Fueling for the Long Haul
- ❑ SPECIAL CODE: **"CWNY"** for 50% OFF

Thanks Sandra!

Center for the Women of New York



Empowering Women to Achieve Full Equality Since 1987

Joanne Tsianos



Joanne Tsianos is the founder of the QueenBee Club a platform for self-care, health, and mindset practices for busy moms. Her goal is to help mothers live radiantly by replacing the idea of balance with flow.

She is a mother, a certified Health Coach, an author, wellness and work/life balance expert, a full-time UX designer, PTA board member, and Lego-builder extraordinaire. She has spent over 20 years in the creative digital space, and over 5 years building a wellness practice.

Joanne coaches working moms to find their 'momflow'.

<https://www.queenbee.club/>



MomFlow

Joanne Tsianos

- founder of QueenBee Club • certified health coach
- creative professional • corporate wellness coach • author • queenbee



www.queenbee.club

Why a QueenBee?

*Bee symbolism brings the blessings of
both work and reward
in perfect harmony.*



- help working mamas practice self-care
- small holistic adjustments everyday make us feel better
- happier & able to cope with stress and what we consider stress
- build up our immune system so we don't get sick as easily



What is Momflow?

How we view balance

How we view stress

- Does it challenge you or does it paralyze you?
- How much is real & how much do we physically manifest?
- What do we control vs not?
- How can we re-frame it?

Listening to our gut



Our ability to find and embrace flow
in our lives will give us more time and
less stress

What is Momflow?

Our capacity...

- We have the ability & natural capacity to adapt, survive & find hope.
- We can exercise that ability when we have a positive mindset & continue to step toward healthy living.

How?

- Start by what is going right!

Priorities

Circle of Life

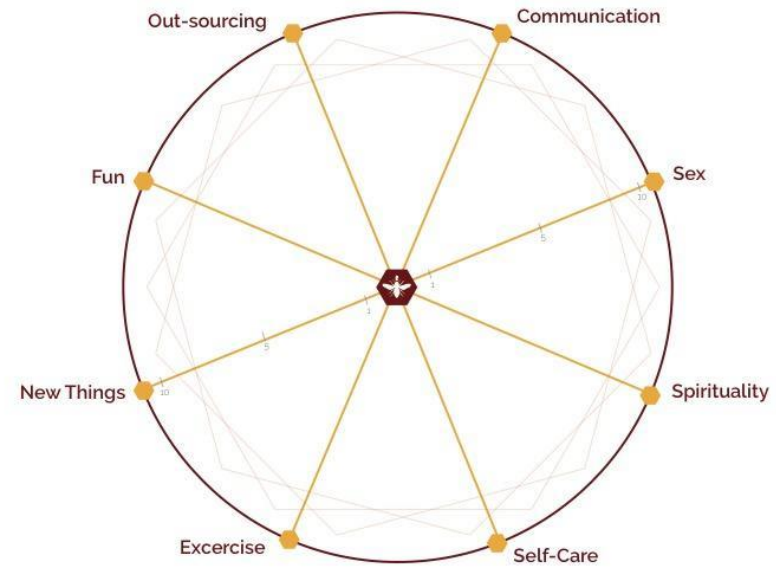


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21-Day Flow Challenge

QueenBee Circle



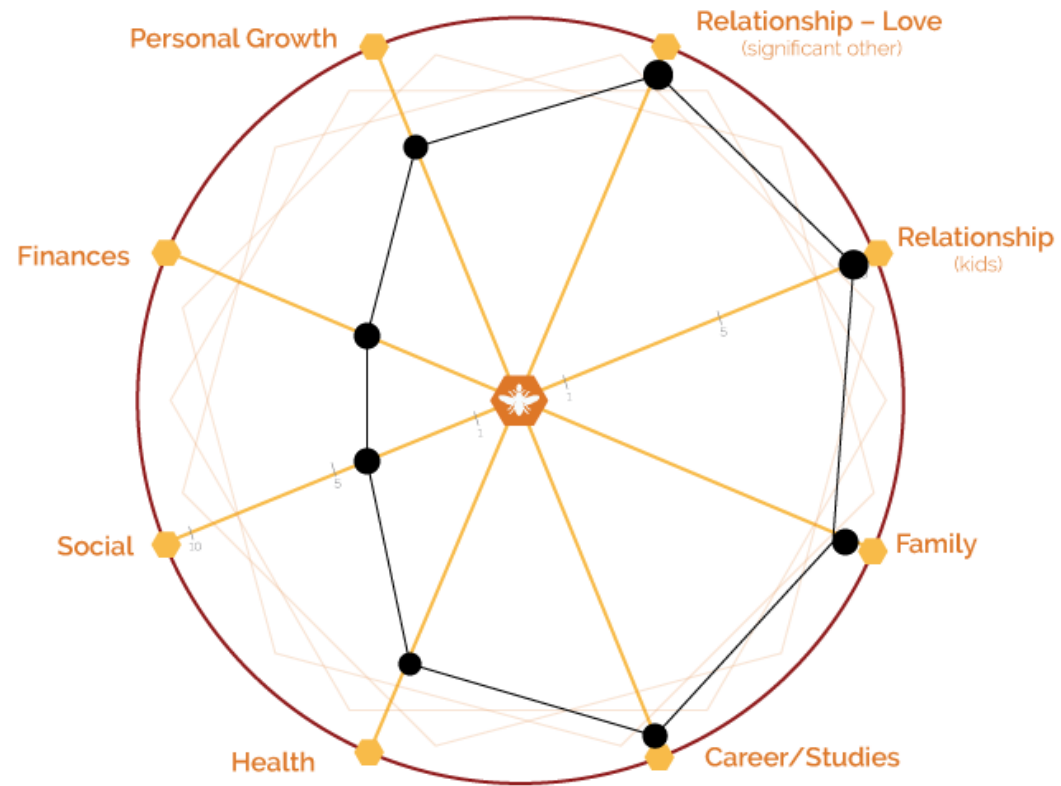
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21-Day Flow Challenge

Priorities

Circle of Life



How do we get there?

Listen to our gut



How do we get there?

The human body is made up of 100 trillion cells.

Our GUT is host to about 100 TRILLION bacteria.

Extremely complex ecosystem.

Our gut is our second brain.



Is your gut health off?

- poor sleep (absorption issues)
- Yeast
- Bloating
- Poor energy: your body is busy digesting and it is draining your energy
- Skin issues
- Brain fog



Digestion

nutrients

Greens

Fats

Vitamin C

Hydration

What can you do?

Eat your probiotics & prebiotics

Probiotics

Kefir
Pickles
Kombucha
Sauerkraut
Yogurt
Miso/Soy (non gmo)

Prebiotics

Asparagus
Oatmeal
Bananas
Honey
Legumes
Onions
Fruit

What can you do?

Supplement

Eat mindfully - chew your food, that's the purpose of saliva!

Greens & fresh, whole, unprocessed food

Herbs & spices

More polyphenols - colorful foods have a symbiotic relationship with probiotics

Cut back on SUGAR

Our gut/brain connection

Improving our gut function will also improve our intuition.

Listening to our bodies, gives it space to react in a more trusting way.

Less haze, more space for your true feelings, and thoughts.

Our bodies know how to heal themselves given a chance.



Keeping our families healthy

Don't 'deprive' - replace!

Include the kids in the
decisions that you make.

Start with one thing!

Breathe. Meditation for
the whole family.

The reward is feeling
good!



Keeping our families healthy

More in-depth support in
the combined course

Stop Battling &
Start Connecting

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Thanks Joanne!

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Center for the Women of New York
thanks our presenters
Sandra X Pradas Martin and Joanne Tsianos

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You can download this PowerPoint
presentation at
cwny.org/past-events





Upcoming Webinar:

Thursday, October 22, 2020

4 – 5 pm

Breast Cancer Awareness Conversation

With Medical Oncologist

Seeta Trivedi

Current Services

Caregivers Phone Support Group
Conversational English as Second Language Class
Legal Support Team
Referral Services
Webinars on Women's Issues
Women in Crisis Individual Counseling
Women in Crisis Support Group

Upcoming Events

Book Club
Career Workshops
Computer Classes
Financial Literacy Series
Women Artist Exhibit
Walking Group

Center for the Women of New York





**CWNY would love to have you
as a member and/or a
volunteer! Please visit us at
www.cwny.org**

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