

LOVE & LEADERSHIP

GUIDING YOUR CHILD FROM THE HEART



Program Description

Wraparound offers many benefits to families dealing with a youth's challenging behaviors and/or fragile emotional state, from in-home therapeutic services to parent coaching. Every family needs different levels of support. Some children's needs are so intense that the safest, most beneficial option is residential treatment while others have success when professional support is offered in the home and in-community. Regardless of the level of treatment, most parents and caregivers want to work towards creating a positive home environment and fostering positive relationships. Seeing the unique challenges faced by parents with "intense" children, we have created the **Love & Leadership** coaching support services, which focus on empowering parents into a position of leadership centered around love for both themselves and their children. The goal is to put the parent/caregiver in the driver seat and to help reclaim parental power. With this program, you will take part in two trainings in the Nurtured Heart Approach®: **OPTIMIZE: 7 Simple Steps to Nurture Your Heart** and **All Children Flourishing: The Nurtured Heart Approach**. In **7 Simple Steps to Nurture Your Heart**, starting from where you are, we invite you to examine your routine patterns of self-communication and values and give you a set of precise tools, examples and activities to develop a more nurturing, loving, and positive relationship with yourself and in turn, you learn how to use these techniques toward your family members. In **All Children Flourishing**, you learn the foundation of the Nurtured Heart Approach® and how to apply the teachings to increase positive and peaceful relationships in your home.

Positive
Psychology
Research says
"kindness counts"

Learn about the
Nurtured Heart
Approach®

Build a support
network

Increase emotional
& social
intelligence for
yourself AND your
child

**SHERRY BLAIR
INSTITUTE**

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SherryBlairInstitute.com

LOVE & LEADERSHIP: ONLINE & LIVE OPTIONS

Lead yourself and your family into a bright new beginning.
Build positive relationships while maintaining authority and creating a
nurturing, peaceful environment.

2018 Schedule

Montclair, NJ Love & Leadership LIVE Support Group Level 1

- Focuses on Nurtured Heart® Skill Building
- Increasing self-awareness on style of parenting
- Increases reservoir of resiliency
- BONUS: Daily Doses of Positivity

Day: Wednesdays Dates: March 7 & 21 April 11 & 25

Time: 7:00pm-8:30pm May 2 & 16 June 13 & 27

Location: TBD

Fee \$399/8 Sessions

4 Payments Plan Available: \$100/Initial; 3 payments due April 1; May 1; June 1

***No support groups during July/August. If you are in need of support during this time, you can opt-into individual coaching services on an as needed basis.

Montclair, NJ Love & Leadership LIVE Support Group Level 2

- Focuses on skill & practice of Nurtured Heart®
- Overcome challenges with application of the approach
- Increase more positive & loving family relationships
- BONUS: Daily Doses of Positivity

Day: Wednesdays Dates: September 12 & 26 October 10 & 24

Time: 7:00pm-8:30pm November 7 & 21 December 5 & 19

Location: TBD

Fee \$399/8 Sessions

4 Payments Plan Available: \$100/Initial; 3 payments due October 1; November 1;
December 1

ONLINE OPTION

The entire program is virtual and can be attended to from the comfort of your own home!



Love & Leadership ONLINE Level 1

\$399.00

4 Payments Plan Available: \$100/Initial; 3 payments due April 1; May 1; June 1

Time: 7:00pm-8:30pm EST/EDT

INCLUDES online training, weekly online support group, private FB group + Bonus:

- **OPTIMIZE: 7 Simple Steps to Nurture Your Heart** Training & Self-Coaching Guide
- Bi-Weekly parent support group: **March 14 & 28; April 4 & 18; May 9 & 23; June 6 & 20**
- Private FB group providing virtual coaching, guidance tips, member support
- **BONUS:** 1-year subscription of *Daily Doses of Positivity Pearls of Wisdom/Pillars of Strength* action quotes delivered via email
- **BONUS:** Free membership site with handouts, resources and inspirational materials



Love & Leadership ONLINE Level 2

\$399.00

4 Payments Plan Available:

\$100/Initial; 3 payments due October 1; November 1; December 1

Time: 7:00pm-8:30pm EST/EDT

INCLUDES online training, bi-weekly online support group, private FB group + Bonus:

- **All Children Flourishing: The Nurtured Heart Approach®**
- Bi-Weekly parent support group: **September 5 & 19; October 3 & 17; November 14 & 28; December 5 & 12**
- Private FB group providing virtual coaching, guidance tips, member support
- **BONUS:** 1-year subscription of *Daily Doses of Positivity Pearls of Wisdom/Pillars of Strength* action quotes delivered via email
- **BONUS:** Free membership site with handouts, resources and inspirational materials

What will you gain?

-  **A stronger sense of self, self-love and self-worth in relation to parenting**
-  **A strong support network of other parents and caregivers sharing your experience**

📖 Confidence that you can create and maintain a loving environment for your child without compromising your authority

What will you learn?

- 📖 How to replenish your reservoir for inner strength and resiliency
- 📖 An understanding of your personal change process
- 📖 Cognitive/Rational Emotive Behavior Skill Building
- 📖 The three stands of the Nurtured Heart Approach® and the 4 recognitions embodied in the concepts
- 📖 The meaning of Inner Wealth™, Energy & Relationships, Creating Success & Changing Your View in terms of the Approach
- 📖 Why conventional methods of parenting, therapy and teaching often fail with “intense” children despite the best intentions
- 📖 Different techniques to parent your child while fostering a positive relationship
- 📖 How to be in the driver seat to maintain parental power with love and authority

 Bonus!

Also included in this program is *Daily Doses of Positivity – Pearls of Wisdom, Pillars of Strength*, our perpetual calendar designed to increase positive emotion, teach you how to focus on strengths and build your social and emotional intelligence. You will also have access to our private Facebook page for ongoing support throughout your day and a Membership Site.

*“Parents need to put on their oxygen mask first
and restore their reservoir”*

~Sherry Blair

About the Creative & Inspirational Authors/Presenters/Coaches

Sherry Blair has served children and families for over two decades. She is the CEO/Founder of the Sherry Blair Institute for Inspirational Change (SBI) and is a leader in Executive Behavioral Healthcare. She began an in-home program under the umbrella of New Jersey's Wraparound System of Care 13 years ago. She has also served many organizations as a trainer, coach and consultant on various topics and is a sought after keynote speaker. Sherry is one of the first 300 people in the world trained in Positive Psychology under the tutelage of Dr. Martin Seligman, University of Penn. She also is basic, advanced and coach trained in Rational Emotive Behavioral Therapy and was afforded the opportunity to train at the Albert Ellis Institute while Ellis was still alive.



☞ Sherry is an adjunct assistant professor at the University of Southern California Graduate School of Social Work Virtual Academic Center and served as a Trainer Consultant for the New Jersey Child Welfare Training Partnership.

☞ The Nurtured Heart Approach® is now part of the “brand” at the Sherry Blair Institute. It was introduced to Sherry by her amazing supervisee in 2008 and the change initiative to embrace the approach wholeheartedly within our organization at every level began. Sherry

is an Advanced Trainer in the approach and has trained organizations, schools, child study team members, parents, mental health professionals, children and teens. She has served on the Ethics, Research & Global Summit Committees for the Nurtured Heart Approach®. She has authored a number of books and created products that innovatively bring the approach into the lives of the people she serves at home, school, work and play. It is her mission to “nurture the hearts of New Jersey” and beyond.

“Great presenter”
“Dynamic”
“Funny”
“Knowledgeable”
“Genuine”

Alletta Bayer is a Master Trainer at the Sherry Blair Institute for Inspirational Change. She is passionate about developing and delivering curricula for personal and professional development and greater well-being.



☞ Alletta champions lifelong learning and constantly draws from research in positive psychology, human behavior, neurobiology, epigenetics and nutrition therapy to create compelling and relevant trainings to help people create the change they want to see. She is the co-author along with Sherry Blair of *The 7 Steps to Ignite Flourishing Leaders, Teams and Organizations* and *OPTIMIZE: 7 Simple Steps to Nurture Your Heart*. She is a contributor to *The 8 Steps to Lead Change in Your Life* and *The Power to Change*.

☞ She is a California licensed marriage and family therapist (LMFT) and holds numerous certifications including Advanced Trainer/Certified Nurtured Heart® Specialist, Certified High Performance Coach (one of 300 in the world trained by Brendon Burchard), Dr. Amen Certified Brain Health Coach, and Certified Gluten Practitioner.

☞ Alletta is a graduate of the Professional Coaching Course trained by founder, James Flaherty. She served on the inaugural Global Summit Committee for the Children's Success Foundation for the

“Engaging presenter”
“Authentic”
“Gives simple steps to use immediately”
“Transformative”

Nurtured Heart Approach®. Alletta graduated with a BA from University of California, Berkeley and a MA in Clinical Psychology from John F. Kennedy University.



Toni Anne Lofrano has worked with children and families since 2004. She is a Certified Behavioral Assistant and the Positivity Pulse Director at Sherry Blair Institute for Inspirational Change.

🌸 Toni Anne is a Certified Trainer in the Nurtured Heart Approach® and has been using the approach in her work since 2010. She has also used this transformative approach in her personal life.

🌸 Toni Anne has collaborated with Sherry Blair on a number of projects that bring the approach to her co-workers and the children and families that she serves. She worked side by side with Sherry to bring the Nurtured Heart Approach® to the Institute and has contributed significantly to the change initiative and to maintain fidelity to the application of the approach. She is the content editor of Sherry Blair's book *Tribal Warriors: Life Skills to Optimize Well-Being for Teens* and many other projects at the Institute.

"I've had the pleasure of working with Toni Anne as both a Care Manager and an intern. She is extremely innovative, creative, encouraging and empowering. You can learn a lot from her, as she is NHA in human form and a great teacher. I feel very fortunate to have had the opportunity to work with!"

~Roxanne Miller

Connie Masullo, MSW, LCSW is the Executive Behavioral Healthcare Director at the Sherry Blair Institute for Inspirational Change. She has worked with children, adolescents and parents for over 10 years. She serves children ages 4-21 with a wide array of emotional and behavioral health challenges as well as developmental disabilities.



Connie has a bachelor's degree in Psychology from Montclair State University and a master's degree from Rutgers University Graduate School of Social Work.

🌸 As a clinician she has a strong inclination towards REBT/CBT approaches. For the last decade she has received training and application in positive psychology and in recent years she has been trained in The Nurtured Heart Approach®, which has only accelerated the positive effects of REBT/CBT. Connie is certified at the Albert

Ellis Institute in Rational Emotive Behavioral Therapy for Children.

🌸 She is a certified clinical supervisor and a Field Work Instructor and is a co-trainer on many mental health topics at the Sherry Blair Institute.

HOW TO REGISTER

THREE Ways to Register:

1. REGISTER ONLINE BY CLICKING ON THE LINK BELOW OR COPY AND PASTE INTO YOUR BROWSER: [HTTPS://LOVEANDLEADERSHIP.EVENTBRITE.COM](https://loveandleadership.eventbrite.com)

2. CALL OUR OFFICE AT 973-746-0333 BETWEEN 09:00 AM & 05:00 PM EST. FAX FORM IN ADVANCE TO: 973-746-1533

3. MAIL IN THE BELOW FORM: TO SHERRY BLAIR INSTITUTE, 80 PARK STREET, MONTCLAIR, NJ, 07042 OR FAX TO 973-746-1533 WITH CERTIFIED CHECK/MONEY ORDER.

NAME: _____

ORGANIZATION: _____

ADDRESS: _____

TOWN/CITY: _____ STATE: _____ ZIP CODE: _____ TEL: _____

EMAIL: _____

HOW MANY? _____	@ Live in Montclair, NJ March - June -	\$399 per person
_____	@ Live in Montclair, NJ September - December	\$399 per person
_____	@ ONLINE - March - June	\$399 per person
_____	@ ONLINE - September - December	\$399 per person

PAYMENT TYPE (CHECK ONE): CHECK PURCHASE ORDER (Send with Registration) CREDIT

CARD TYPE _____ CC# _____

Exp. Date ___/___/___ Sec Code _____ NOTE: Credit Card Information is not stored after processing.

If you have any questions, concerns, complaints, or grievances, contact Toni Anne Lofrano at Sherry Blair Institute at tonianne@sherryblairinstitute.com or call 973-746-0333. If you require special accommodations, call Donna or Toni Anne at 973-746-0333 or email tonianne@sherryblairinstitute.com. Program is nonrefundable. However, if a parent/caregiver is enrolled via CMO or DCPD and has low attendance, another parent/caregiver can be registered in his/her place for an administrative fee of \$50.



Need a little more one-on-one support? We also offer different coaching packages to ensure you are receiving the support you need. For more information, check out our Love & Leadership Coaching Packages.

“Overall every caregiver/parent who participated in the event stated that they noticed positive changes in how they react to situations that arise and are implementing the skills learned into their daily habits.”

~Ivette Garcia, Family Support Organization of Essex County, NJ