

THE 6-WEEK FAMILY FOUNDING COHORT

A Nervous-System Based Emotional Resilience Program for
Traveling Families

You don't need more parenting tips.

You already know what you're supposed to do. Stay calm. Be consistent. Set loving boundaries. Repair after conflict. And yet, in the real moments, something takes over. A tone shifts. A child pushes back. You're exhausted. And suddenly you're reacting in ways you didn't intend. One conflict turns into distance. One hard moment ruins the whole day. You find yourself wondering:
Why can't I stay calm?
Why does every boundary become a power struggle?
Why am I so tired of fighting?

What's missing isn't more information. It's regulation.

Most parenting programs focus on behavior. This cohort begins with your **nervous system**. Because when you are regulated, connection becomes possible. Boundaries become clearer. Repair becomes faster. And conflict no longer defines the day.

Here, you won't just learn ideas. You'll practice embodied skills — stabilizing your nervous system, strengthening heart-brain coherence, building conflict repair systems, and creating rhythms that feel sustainable for your family.

Calm stops being something you hope for.
It becomes something you can access.

What you'll be learning in the coming weeks:



One Week Out:

Clarify your focus, identify your triggers, and lay the foundation for intentional change.



Session 1- Nervous System Foundations:

Learn the five pillars of resilience and the HeartMath principles of Prepare, Sustain, and Shift so regulation begins with you.



Location: Online



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