



# 6-WEEK FAMILY FOUNDING COHORT

## A Nervous-System Based Emotional Resilience Program for Traveling Families

### **You love your family.**

You chose this life.

So why are you so exhausted?  
Why do small moments turn into  
spirals?

Why is staying calm so hard —  
even when you know better?

### **Stop emotional spirals.**

**Recover faster.**

**Feel capable again.**

**Create a calm, connected,  
respectful home.**

## **Who is this for?**

For overwhelmed, conscious parents  
who want to stop emotional chaos  
and create a calm, connected home  
— even while traveling.

## **What you'll learn:**

- Nervous system reset in real time
- Conflict repair that actually works
- Heart-led communication
- Boundaries without escalation
- Emotional resilience for the whole family

**Founding Cohort — Limited Spots**

**Includes private family session + lifetime alumni status**

**Learn more at [www.stacywedding.com/foundingcohort](http://www.stacywedding.com/foundingcohort)**



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HEARTMATH RESILIENCE COACH