



Repair yourself

Masterclass Bundle



Expert Interviews Guidebook & Journal

With Suzanne Tucker, Founder of Generation Mindful®



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Reparent Yourself

THEME 1

Theme #1: Self Awareness and Centering



Elizabeth Sautter, CCC

Speech-language pathologist, Author, Speaker, and Trainer

Healing Emotional Neglect: Were You Raised By a Egocentric or Narcassistic Parent?

Key Takeaway:

Notes:



Shelly Robinson

Author, Coach, and Founder of Raising Yourself

On Self-Worth and Taming Anger: You are a Human BE-ing Not a Human Do-ing

Key Takeaway:

Notes:



Cynthia Ngoy

MindsetCoach and Soul-driven Entrepreneur

Breaking Generational Cycles: Using Self-Reflection & Journaling to Heal Inner Child W

Key Takeaway:

Notes:





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THEME 1

Theme #1: Self Awareness and Centering



Bryana Kappadakunnel, LMFT, IFEMCH, PMH-C

Psychotherapist, Founder of Conscious Mommy

Naming Our Needs: A Four-Step Process For Self-Awareness and Staying Centered

Key Takeaway:

Notes:



Stephanie Pinto

Founder of Let's Raise Emotionally Intelligent Kids

Emotional Intelligence: Life Skills For Knowing and Growing Yourself with Love

Key Takeaway:

Notes:

THEME 1 REFLECTIONS:





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THEME 2

Theme #2: Self Love and Acceptance



Kristen Tippet

Self-Branding Specialist, and Founder of RUNROI

Naming Your "Why": An Exercise For Knowing, Trusting, and Loving Your Truest Self

Key Takeaway:

Notes:



Tosha Schore

Author, Coach, and Founder of Raising Boys Peacefully

Listening Partnerships: How To Use Them For Peace of Mind, Clarity, and Healing

Key Takeaway:

Notes:



Dr. Anu French, MD

Pediatrician, Yogi, Artist, Activist, Board-Certified in Integrative Medicine

Food As Medicine: Nurture Yourself with Physical and Emotional Self-Care Practices

Key Takeaway:

Notes:





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THEME 2

Theme #2: Self Love and Acceptance



Chazz Lewis

Early Childhood Education Specialist, Speaker

Ending Perfectionism: The Words We Use, Self-Talk, and Mind Shifters

Key Takeaway:

Notes:



Allison Morgan, MS, OTR, E-RYT

OT, Founder of Zensational Kids

Applying Mindfulness Practices to “Real” Life: Building Resilience, Self-Love, & Healing

Key Takeaway:

Notes:

THEME 2 REFLECTIONS:





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THEME 3

Theme #3: Healing & Healthy Relationships



Regina Linke

Gongbi Painter, Creator of "The Oxherd Boy" Series

Art and How It Helps Us Heal: A Guided Art Project to Deepen Self-Love & Acceptance

Key Takeaway:

Notes:



Shannon Carr

RIE® Associate/Trainer, Educator, Founder of Rise Child

Inner Child Work: Using Connection-Based Relationship Practices to Heal Ourselves

Key Takeaway:

Notes:



Mah Ekonde

Certified Parental Coach, Founder of The Gift Handler

Cultural Healing: Interrupting Generational Cycles & Ending Violence Using Conscious Parenting

Key Takeaway:

Notes:





Reparent Yourself

THEME 3

Theme #3: Healing & Healthy Relationships



Dr. Michael Ryce

Doctorates in Naturopathic Medicine & Holistic Philosophy, Author, Speaker

Understanding Power-Person Dynamics: Plus How to Practice Forgiveness That Heals Us From the Inside

Key Takeaway:

Notes:



Gina Rocchio-Gymer, MSW, LCSW

Child and Family Therapist, Enneagram Specialist

What's My Enneagram?: Using Self Awareness to Learn & Grow in Love

Key Takeaway:

Notes:

THEME 3 REFLECTIONS:





Reparent Yourself

THEME 4

Theme #4: Greater Self-Discovery



Susan Stiffelman, MFT

Self Acceptance: The Power of Presence and Letting Go of Judgement

Key Takeaway:

Notes:



Ashley Patek, OOT

Empathic Witnessing: Healing From the Inside Out By Learning to Be With Our Grief

Key Takeaway:

Notes:



Dr. Victoria Dunckley, MD

Numbing Through Technology: Human Connection, & Healthy Tech Habits

Key Takeaway:

Notes:





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THEME 4

Theme #4: Greater Self-Discovery



Cathy and Todd Adams, LCSW

Questioning Your Stories and Developing a New Perspective

Key Takeaway:

Notes:



Hanan Sabry, MA

Early Memories: A Guided Approach to Radical Self-Understanding & Compassion

Key Takeaway:

Notes:

THEME 4 REFLECTIONS:





Reparent Yourself

THEME 5

Theme #5: Mindfulness & the Inner Child



Jason and Celia Hilkey

Communication: On Being a Couple and Reparenting as a Team Sport

Key Takeaway:

Notes:



Hanan Ezzeldin, MA

Neurodivergence & How to Bring Radical Self-Acceptance into Your Reparenting

Key Takeaway:

Notes:



Hunter Clarke-Fields, MSAE, RYT

Using Mindfulness Practices to Heal the Past and Live In the Present

Key Takeaway:

Notes:





Reparent Yourself

THEME 5

Theme #5: Mindfulness & The Inner Child



Robert Jackman, LCPC

Boundary Setting, Your Inner Child, and Living From Your Authentic Power

Key Takeaway:

Notes:



Nadim Saad, MBA

Feeling Our Emotions: Breaking Free From Judgment and Cultural Limitations

Key Takeaway:

Notes:

THEME 5 REFLECTIONS:





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THEME 6

Theme #6: Showing Up For Ourselves



Deirdre Fay, MSW

Healing Your Inner Child

Key Takeaway:

Notes:



Leslie Priscilla

Life Practices For Finding Freedom from Cultural and Inter-Generational Wounds

Key Takeaway:

Notes:



Abigail Feil PRYT, RYT

Your Unconscious Body Wisdom: Six Steps to Help You See & Celebrate Your Authentic Self

Key Takeaway:

Notes:





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THEME 6

Theme #6: Showing Up For Ourselves



Joy Page, RYT-500

Using Yoga, Meditation, and Embodied Experiences to Reparent the Self

Key Takeaway:

Notes:



Elizabeth Stallone-Lowder, MSW

The Sweet Spot to Self-Care: Sleep, Food, Energy, and Sex

Key Takeaway:

Notes:

THEME 6 REFLECTIONS:

