

Dr. Sapna's
Motivational Sessions for the Parents

Parents hold the torch when the children are groping around to find their way into this world. What do the parents want the children to see? How do they guide them towards setting the right goals? All the happiness and success in the life of the children depends upon what they have been shown, how and why.

Dr. Sapna is a parenting expert and helps parents deal with tantrum to crisis in the process of parenting.

Some of her popular topics are:

1. **Spiritual Parenting-** We are the grown-ups and they are the children, hence we are the teachers and they are the learners. Think again! The children are coming with a treasure of life lessons. Are we aware or are we missing out? This may be an eye opener.
2. **Dangerous Mistakes of Parenting-** Parenting is experimental and we all make mistakes. But some mistakes can go along way in creating dangerous issues in the life of our children. How to identify and halt such practices?
3. **Be a Motivation-** While children today seem to be smarter and confident, they face bigger challenges than most parents faced. Conscious parenting efforts are needed to be a motivating guide to your child.
4. **What do you want for your child?** Career planning vs life planning.
5. **Relationships-** the core of every thing.
6. **Bringing up self reliant children in an uncertain world**
7. **What are we missing-** While we focus on education and professional growth, many important aspects of life are left out. With the growing competition and the new age stress, it is essential to keep our targets clear and widen the scope of our focus in life.
8. **The happiness quotient-** Ultimately the entire interest of mankind is 'happiness'. However, we lose the sight of this goal while walking on the path of career and material success. How to set the priorities right to help the children see it too.
9. **Belling the cat called time-** Time management is one of the major challenges among Parents. We work together on learning to tame this big cat for a lifetime to balance the professional personal and parenting life.