

The Jai Institute

Overall Philosophy

The Jai Institute for Parenting trains parent coaches to create a safe, compassionate space where parents can explore their challenges and celebrate their wins. It's a place where parents can be honest about feeling lost or overwhelmed—not quite knowing how to be the best parent they know they can be—and discover how they want to parent differently. Rather than using punishment and consequences to control children, the institute emphasizes that when parents feel supported and understood, they naturally move toward more connected, empowering ways of relating with their children.

The core belief is that when parents change, children's behavior changes without exception. The institute provides a deeply transformational experience for parents first, helping them let go of residual feelings and unconscious belief patterns from their own childhoods so they can release old, limiting beliefs and replace them with new, empowering ones.

The methodology is rooted in Non-Violent Communication, Emotional Intelligence, and Brain Science.

The Twelve-Week Transformational Parenting Process

Weeks 1-2: Welcome, Orientation, and Setting Your Intentions

Weeks 3-6: The Core Pillars of Empowered Parenting, Attachment Science, Nervous System Science, and Brain Development

Weeks 7-9: Emotional Intelligence, Empowered Conversations, and The PEACE Process for Resolving Conflict

Weeks 10-12: Managing Anger, Playfulness, Storytelling, and Personal Transformation

By the end of this twelve-week journey, participants have the foundation to create a values-driven, connected parenting style rooted in the institute's evidence-based frameworks.