Text

Description automatically generated with medium confidence

Children thrive socially, emotionally and academically in a healthy, supportive home environment For the past 26 years, Education for Excellence has presented a blended/online train-the-trainer Parent Leadership Academy which licenses Parent Support Personnel (Parent Coordinators, family Workers, Social Workers and Guidance Counselors) to teach the Masterful Parenting Program in their communities. Parents develop essential SEL life-skills that they teach their children by example.

Supported by a MBK grant, from January 23 2021 thru March 17 2022 Parent Support Personnel from NYC District 10 and District 85 participated in four identical blended/online “train the trainer” Parent Leadership Academy trainings. At the same time, parents from both Districts participated in the Masterful Parenting training. These are participants’ survey results:

**Based on a 1-5 response to each question (5 being the highest)**

* 84% of Parent Support Personnel rated the course a 5 or 4 to statement: **“Please rate your overall satisfaction with the course.”**
* 94% of Parent Support Personnel rated the course a 5 or 4 to statement **:“Have you applied what you have learned to your parenting and family life?”**
* 78% of Parent Support Personnel gave a 5 or 4 response to: **“As a result of participating in this program have you demonstrated improved relationship skill, and professional competence?”**
* 75% of Parent Support Personnel rated a 5 or 4 when asked: **“Do you feel competent in being able to present the Masterful Parenting program?”**
* 94% of Parent Support Personnel rated a 5 or 4 when asked: **“Have you applied what you learned to your professional life?**

Parents and Parent Support Personnel ratings regarding the impact these specific learnings have contributed in creating a more loving and supportive home environment.

1. 97% rated 5 or 4 when asked: **“Taking responsibility rather than blaming others.”**
2. 97% rated 5 or 4 when asked: **“Connecting through listening.”**
3. 97% rated 5 or 4 when asked: **“Communicating assertively rather than passively or aggressively.”**
4. 100% rated 5 or 4 when asked: **“Accepting rather than judging others or yourself.”**
5. 94% rated 5 or 4 when asked: **“Having forgiveness and empathy for yourself and others.”**
6. 94% rated 5 or 4 when asked: **“Exercising conscious choices rather than habitual emotional responses.”**
7. 75% rated 5 or 4 when asked: **“Taking time out to meditate and/or practicing relaxation techniques.”**

**PARTICIPANTS WRITEN EVALUAITONS**

“We appreciate the work and effort that went into each session and know firsthand the benefit of your Masterful Parenting Course. Thank you also for sharing yourself with us and providing a space where meaningful interactions took place and the impact and beauty of this work was sincerely felt.” *M Maria Correa. Family Support Coordinator, District 10*

**What are the most valuable things you have learned from this course?**

**What did you like or dislike about the instructors?**

“I have more control over my feelings, I can help my child, my families and friends solve their conflicts in a more efficient and mature way.” *F.M. Parent Coordinator*

“I learned how important it is to take care of myself before I can help others. I see how I need to take TIME for me in order to be healthy.” *R.P. Pre-K*

“I love the kindness, the patience with which they taught and helped us to grow as people.” *Parent*

“Acceptance, responsibility, caring and reflecting.This course has changed my way of dealing with life.” *N.S. Parent Coordinator*

“I love everything about the instructors, the information and exercises were amazing.” *A.B. Parent*

“I am now able to actively listen without rushing to move on to the next task. I have applied this with my family as well as with my professional work.” *C.N. Parent Coordinator*

“The course was enlightening in really looking inside of myself as a way of understanding relationship with family in my life.” *A.M. Parent Coordinator*

“The most valuable thing I have learned from this course is the importance of actively listening. I am more mindful to quiet myself and distraction to really hear what is being said.”

*A.C. Parent Coordinator*

“I've learned that self-awareness and self-soothing is very important for the mind, body, and soul. I've already made small changes, like meditating at work when stressed and drinking more water. I look forward to making more positive changes am sure the parents will appreciate this program.” *M.C. Pre-K*

“I have learned the importance of listening without interrupting and assuming on how to resolve an issue. I have also learned to accept people for who they truly are. I realize I can't change other people I can only change myself to be a better me. I also learned that if you have a dream, you should pursue it rather than staying stuck as a survivor.“ *R.R. Parent Coordinator*

“The listening portion how to listen with my heart open and my mind quiet. This has already positively impacted my family and work relationships. The forgiveness section taught me that I need to work on that more. Thank you.” *M.T. Parent Coordinator*

“He is amazing, even my daughter ask who is it mom, he is really good.” *S.J.* Parent

“I liked that Marc REALLY wanted us to learn this work. Sharon was awesome to talk to and meditate with Karen was flawless with technology.” *A.L. Parent Coordinator*

“This training improved the way I live my day by day internally and externally. How to relate, engage, and react to who and what surrounds you.”E.V. Parent Coordinator

“I love the kindness, the patience with which they taught and helped us to grow as people.” *Parent*

“In order be better I have to take care of myself. I also love that. It made me reflect, act and change.” D. *R. Parent Coordinator*