

MMNTM Notes

PARENT AGENDA

HOUSEKEEPING:

- Your names visible on zoom
- Updated calendar & google cal, adding emails I sent
- Info@
- The google form

CHECKIN

Temp check from bootcamps, general and feelings about this upcoming week

MICRO LESSONS

>Foundations, implementation, maintenance, A to B

>Planning & Daily planning, Monthly calendars

>What you “should” be doing: Things that bring connection and deepen your relationship. This will open the door for more buy-in so they can receive your guidance more.

- Acid test: *Are your thoughts, words, actions bringing you closer or farther apart?*
- Attachment theory, building secure attachment, less avoidant or anxious attachment bc dysfunction, our model impacts their future relationships. Heard, seen, understood, got my back, etc.)
- Coregulation, attunement, polyvagal, reading each other (not psychoanalyzing, which feels judgy. Ya feel me?)
- Swimming pool, kick off sides normal.

GET THIS WEEK: Monthly Calendar, district calendars, SSS stuff

HOMEWORK:

1. Do bootcamp foundations (not UGYG)
2. 3:1 daily
3. Connection time daily without distractions
4. Heartfelt, real, handwritten letter they will keep forever, your impact is powerful (gratitude, appreciation, what I love about you, the ways you inspire me, etc..)
 - a. Followed by convo
 - b. Pre-convo: I'm going to chat with you about some things, how we get along, how I can be more helpful, school. It will take X amount of time unless you want to keep talking. I will listen, I promise, and if I don't...
 - c. “How can I be helpful and support you this semester?”
 - d. Reflective listening, “this is what I hear you saying, am I understanding you?”

Q&A / Office Hours

STUDENT AGENDA

HOUSEKEEPING:

- Your names visible on zoom
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CHECKIN

Temp check

MICRO LESSONS

Planning & Daily planning, Monthly calendars

What your parents “should” be doing: Things that bring connection and deepen your relationship. This will open the door for more buy-in so they can receive your guidance more.

Acid test: *Are your thoughts, words, actions bringing you closer or farther apart?*

Attachment theory, building secure attachment, less avoidant or anxious attachment bc dysfunction, our model impacts their future relationships. Heard, seen, understood, got my back, etc.)

Coregulation, attunement, polyvagal, reading each other (not psychoanalyzing, which feels judgy. Ya feel me?)

Swimming pool, kick off sides normal.

GET THIS WEEK: Monthly Calendar, district calendars, SSS stuff

HOMEWORK:

Allow your parents to help you a bit more than usual, be patient with them

Receive their compliments and attempts at connection and positivity

THIS WEEK - get your foundation **SOLID**

Get bootcamp foundations set (A to B, foundations, implementation, maintenance)

What's YOUR story going to be? Choices to live the way you want?

Make a daily plan every day

Do your best and do a bit better

Just show up, trust the process

Patient, persistent baby steps are magic

COWORKING

What is co-working?