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Oh The Stories We Tell

Oh The Stories We Tell: Transforming Parenting Through Authentic Connection

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Discover the power of Oh The Stories We Tell (OTSWT) to revolutionize your parenting journey, fostering deeper understanding, improved communication, and lasting connections with your children.

Elevate Your Parenting

OTSWT equips parents with:

- Enhanced self-awareness for better understanding of your parenting style
- Improved emotional intelligence for stronger family connections
- Strategies to navigate parenting challenges with grace
- Tools to foster authenticity and open communication in your family

Boost Family Dynamics

Implement OTSWT in your parenting to:

- Have a common framework for understanding each other
- Improve parent-child communication and reduce conflicts
- Increase empathy and mutual understanding within the family
- Enhance problem-solving skills for both parents and children
- Build stronger, more resilient family bonds

The OTSWT Model for Parenting Success

Our simple yet powerful model helps parents shift from reactive parenting to mindful, solution-oriented approaches:

1. Identify current narratives impacting your parenting and family relationships
2. Evaluate if these stories serve your family's well-being and growth
3. Craft more authentic, supportive narratives that nurture your children's development

This process moves parents from a "Lesser Me" state of fear and judgment to an "Authentic Me" state of curiosity, openness, and collaborative problem-solving with their children.

Unique Approach to Family Growth

OTSWT stands out in parenting by:

- Offering a prescriptive model that guides from problem identification to solution implementation in family dynamics
- Reframing the "ego" as a Protector, encouraging partnership rather than resistance in parent-child interactions
- Providing a universal framework applicable to parents of children at all ages and stages

Overcome Parenting Challenges

OTSWT equips parents to:

- Navigate developmental stages and transitions with resilience
- Transform family conflicts into opportunities for growth and learning
- Balance nurturing with setting healthy boundaries
- Enhance decision-making processes as a family unit

Sustainable Family Growth

While OTSWT can yield quick improvements, it's designed for long-term family transformation through:

- Regular family reflection and feedback sessions
- Integration with daily parenting interactions and communication
- Ongoing practice and application in various family contexts

Improve Family Culture

As OTSWT principles permeate your family life, you'll see:

- Increased empathy and understanding between parents and children
- Reduced stress and improved emotional well-being for all family members
- Greater curiosity and openness to each family member's perspectives
- Enhanced ability to remain centered during challenging parenting moments

Evidence-Based Approach

OTSWT's principles are supported by research in:

- Child development psychology
- Authentic parenting techniques
- Emotional intelligence in children and adults

Your Path to Parenting Excellence

Implementing OTSWT can help your family:

- Develop more effective communication patterns
- Create a culture of continuous growth and support
- Enhance overall family satisfaction and harmony
- Improve resilience and problem-solving skills for both parents and children
- Embrace the OTSWT framework to transform your parenting approach and family dynamics into more authentic, resilient, and deeply connected relationships.

Links

- One- Pagers
 - [OTSWT - Overview](#)
 - [OTSWT - Foundations of Leadership](#)
 - [OTSWT - Relationships](#)
 - [OTSWT - Parenting](#) (This document)
- [Website](#)

- [Additional links](#)
- [YouTube Channel](#)
 - [The Path To Authenticity](#) - A 42 minute overview of Oh The Stories We Tell
 - [Introduction to Oh The Stories We Tell](#) - A seven video overview of the primary components of OTSWT
 - [Honesty Project Playlist](#) - Join my dear friend, Melodie Hilton, as we discuss a variety of tough topics and apply the Oh The Stories We Tell questions and model to these issues
 - [For Leaders & Managers Playlist](#) - Various videos focused on the workplace.
- [Podcast Appearances](#) - See Chris Templeton's over 30 podcast appearances