

**6-Hour Presentation**

**Participant Notes Packet**

Presented by:

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Nurtured Heart Approach® Advanced Trainer

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**Introduction to the Nurtured Heart Approach®**

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**Intensity Is Not the Enemy**

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**Building Inner Wealth™ / Portfolio Development**

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**The 3 Stands™ of NHA (an introduction)**

**Absolutely No! \*\* Absolutely Yes! \*\* Absolutely Clear!**

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**Toys-R-Us**

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**Stand #1: Absolutely NO!** I refuse to energize negative behavior. Rather than react with elevated energy, attention, and relationship to disruptions and outbursts that distract children from their greatness, I will strive to neutralize negative behavior through immediate, concrete, and uncharged responses consistent with the harmonious environment I am creating.

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**Ignoring Vs. Refusing to Energize Negativity**

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**Video Game Theory**

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**No Blame**

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**Stand #2: Absolutely YES!** I will relentlessly energize the positive. As much as possible, I will work immediately to identify, describe, and express appreciation for steps, large and small, a child takes in manifesting his or her positive choices and intrinsic greatness.  I will actively initiate opportunities for children to be successful.

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**It’s All About Intention**

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**Baby Steps**

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**Toll Taker Story**

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**Making Miracles Out of Molecules**

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**NHARecognitions**

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**Energizing Success Technique #1: Active Recognition**

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**Energizing Success Technique #2: Experiential Recognition**

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**Energizing Success Technique #3: Proactive Recognitions**

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**Energizing Success Technique #4: Creative Recognition**

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**Praise vs. Recognition**

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**Build the Foundation First**

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**Stand #3: Absolutely CLEAR!** I will maintain total clarity about rules that demonstrate fair and consistent boundaries.   
I will consistently enforce rules and provide immediate consequences through resetting each time a rule is broken. I will recognize the child in the moment they have reset and create that next moment as an opportunity for success.

**Setting Limits with Clarity**

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**Why Traditional Time-Outs Fail**

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**Basketball Game Analogy**

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**Warnings**

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**Nurtured Heart Approach® Time Out: “Resets”**

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**Consequences vs. Punishment**

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**The 3 Stands™ of NHA, Working Together** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ADDITIONAL NOTES:**

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