

YPO Online Parenting Conference (Parenting Network)

1. What Event Title would be suitable for your presentation?

Mindful Parenting—The Key to Strong Relationships with your Children

2. Vision - 1-2 sentences to explain what your call is about.

Parenting is a treasure box of experiences and memories that last a lifetime. It imprints an emotional legacy that will define our children's adulthood as well as their future relationships and parenthood. If we're lucky, we will parent for the rest of our lives. Shouldn't we make this journey one of deep connections, growth, mutual respect and joy? That's a legacy worth passing on to our kids?

3. Objectives - 2-3 sentences about what you talk about.

What is Mindful Parenting? How does it tie into effective communication and lasting connections? What role do emotions and the intellect play in communication and connections?

4. Attendee take-home value - 1-2 sentences about what members will gain by joining the call.

You will walk away with a strong perspective on your true role and responsibility as a parent as well as tangible tools of mindfulness and emotional intelligence that will help you be a happy, relaxed parent and raise your kids to be happy, think positive and do good!

5. Your personal bio (something we will read to introduce you)

Roma Khetarpal is...

A mom, author, educator, speaker, and entrepreneur passionate about the topics of mindful parenting and effective communication with kids.

The founder and CEO of Tools of Growth, through which she provides parents and adults simple communication tools to develop strong relationships with their kids—so that we can raise our children to be “Be Happy, Think Positive, and Do Good.”

The author of an award-winning book, *The “Perfect” Parent: 5 Tools to Use Your Inner Perfection to Connect with Your Kids*. By synthesizing the themes and concepts of the personal growth and emotional intelligence fields, along with cutting-edge parenting research, Khetarpal delivers her message in an effective and personally empowering way.

The originator of a groundbreaking school program that grew out of her book—The Mindful Play Leaders’ Program—for recess and before- and after- school care staff. Growing fast and in high demand, this program has currently impacted close to 40,000 children both in the public and private sector.

A sought-after contributor to noted blogs.

A member of the Board of Directors for the Santa Clarita Valley Education Foundation, an organization providing support, programs, and leadership for K-12 public school education.

An Executive Board member of the Philanthropic Society Los Angeles, which raises funds for Children’s Institute, Inc.

A former successful corporate career woman. Before she founded Tools of Growth, she was the vice president of sales and marketing at AM-Touch Dental for twenty years, where she still serves on the Board of Directors.

6. Photo we can use for marketing purposes:

<http://toolsofgrowth.com/wp-content/uploads/2016/04/Image-Roma-Headshot.jpg>

7. Phone number and email address:

Cell: 661-993-3395 ; Email: roma@toolsofgrowth.com

8. What is your title and company name:

CEO and Founder Of Tools Of Growth

9. Press Kit: <http://toolsofgrowth.com/press-kit/>

10. Website Link: <http://toolsofgrowth.com/>