

Roma Khetarpal is...

- ❖ A mom, author, mindfulness educator, speaker, and entrepreneur passionate about the topics of mindful parenting and effective communication with kids.
- ❖ A Trained Mindfulness Educator through the UCLA Mindfulness Awareness Research Center (MARC) of the Semel Institute for Neuroscience and Human Behavior, with a focus on mindful parenting and school care staff.
- ❖ A Certified Mindfulness Teacher—Professional Level, International Mindfulness Teachers Association.
- ❖ 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 the multiple award-winning book, The “Perfect” Parent: 5 Tools for Using Your Inner Perfection to Connect with Your Kids. By synthesizing the themes and concepts of the personal growth, mindfulness, 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.
- ❖ The leader of live online workshops for parents, school staff, and corporate groups on dealing with current and pandemic-related challenges to mental health and well-being—especially for our children.
- ❖ 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.
- ❖ 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.