
AN INTRODUCTION TO HEART-BASED PARENTING RAISING EMPATHIC & SENSITIVE CHILDREN



SUNDAY, JUNE 10: 10 AM – 12 PM

WORKSHOP OVERVIEW: This workshop will be an introduction to the *Heart-Based Parenting System* of supporting Empathic and Highly Sensitive Children (EHSC). During this workshop we will offer hands on, practical tools that are easy to incorporate into your daily life to bring harmony, ease and grounding into your family. The goal of the workshop is to allow you as a parent to actively and successfully support and meet the needs of your EHSC child. During this workshop we will engage in hands-on activities to bring a personal understanding to:

- * The human energy field of a EHSC child & the dynamic of the Parent-Child Energy Field
- * The role of food/diet in regulating the Human Energy Field
- * How to draw on Mother Earth/Nature for energetic grounding for Highly Sensitive People

DETAILS

- * Childcare available for \$20/child (ages 3+). Children must be potty trained. RSVP required;
- * Cost for workshop: Suggested donation of \$55.
- * Location: Wildrock see directions here; don't use GPS: <https://www.wildrock.org/about-us>

YOUR WORKSHOP FACILITATORS

Wendy Vigdor-Hess is a Transformational Coach & Registered Dietitian Nutritionist. Also, a Certified Health and Wellness Coach, Wendy also offers families the wisdom of her training and work as a Shaman and Energy Worker. She is a speaker & the author of [Sweetness without Sugar](#), and co-creator of the E-Course, [Transforming Your Relationship with Food: Sugar Series](#). Wendy loves being a mother to two children and feels deeply passionate about supporting EHSC on the path of honoring their unique gifts. Using her unique wisdom & experience she helps individuals, families and organizations build everyday practices to re-establish and maintain wholeness and connection. www.vigdorhess.com

Phoebe Haupt, the *Divine Medicine Lady*, is a Strategic Intuitive Advisor and a High Vibrational Spiritual Coach. She is a master designer of programs and has successfully designed leadership development programs for multicultural groups & organizations for over 20 years. Having studied healing and traditional medicine in Latin America, the Caribbean and the U.S for over twenty years, she has learned from many elders and walks in deep gratitude for her connection to the ancestors and her Spiritual Purpose. The mother of a very EHSC, she connected with her healing gifts as she walked the path of service and love for her son. www.themedicinelady.com and www.ancientwisdomcamp.com