

# Parenting the Intensity Retreat - 2025

## OVERVIEW

FEB  
24

### KICK-OFF CALL: NERVOUS SYSTEM DEEP DIVE

**10am ET - Live Kick-off Call:** What to expect this week and Deep Dive into the nervous system

**2pm ET - Live Interview :** Reducing Power Struggle Through Validation, by Danika Maddocks, Gold Sponsor

FEB  
25

### DAY 1: MANAGING KIDS BIG EMOTIONS

**9am ET** - Presentations are live

**10am ET - Live roundtable** - Helping Kids Release Emotions

FEB  
26

### DAY 2: LESS CONFLICTS - STAY CALM

**9 am ET** - Day 2 presentations are live

**1pm ET - Live roundtable** - Are you Heading to Burnout?

**6pm ET - Live roundtable** - Are you Connecting or Disconnecting?

FEB  
27

### DAY 3: DEEPEN FAMILY CONNECTIONS

**9am ET** - Presentations are live

**10am ET - Live roundtable** - Easier Transitions Together

FEB  
28

### REPLAY DAY 1

**9am ET** - All the presentations are available again

**1pm ET - Live conference** - Calm your family to make the changes possible

MAR  
1ST

### REPLAY DAY 1

**7pm ET** - Closing Call

**March 2nd 9am ET** - Presentations expire. unless you have the *Deep Connection Pass*

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## Retreat - 2025

Access everything in the Retreat Central

FEB  
24

### KICK-OFF CALL: NERVOUS SYSTEM DEEP DIVE

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FEB  
25

### DAY 1: MANAGING KIDS BIG EMOTIONS

To attend - Done

**9am ET -** Presentations are live

**10am ET - Live roundtable -** Helping Kids Release Emotions

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**Today's presentations**

**The Power of Storytelling in Parenting : Connecting and Guiding our Kids** with Brittany Podsobinski

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**Boy Talk - Supporting boys to express emotions** with Kathryne Imabayashi

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**Could it be Language?** with Shaqueena Murreld M.S., CCC- SLP

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**Parenting Beyond Power: How to transform conflict into collaboration** with Jen Lumanlan M.S., M.Ed

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**Is Perfectionism Cause for Your Child's (and Your) Intensity?** with Dr Matt Zakreski

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**The Power of Movement: Calming and Connecting with Kids** with Munira Adenwalla

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**When School is the Source of Big Emotions** with Stephanie Sewell

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**Rhythms to Relief (using music to help kids regulate)** with Samantha Foote, MM, MT-BC

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**HALT- Why Loneliness is Often Punished** with Sarah Salisott

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**What About My Other Kids? Navigating the Complexities of Sibling Relationships in Families of Children with Challenging Behaviors** with Eileen Devine

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FEB  
26

LESS CONFLICTS - STAY CALM TO NOT ADD FUEL  
TO THE FIRE

To attend - Done

9am ET - Day 1 presentations expire

9 am ET - Day 2 presentations are live

1pm ET - **Live roundtable** - Are you Heading to  
Burnout?

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6pm ET - **Live roundtable** - Are you Connecting or  
Disconnecting?

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### Today's presentations

**Why Making Time for Your Relationship Can Bring  
Peace to Your Family** with Sofia Ashley

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**Letting Go of Guilt: Embracing Parenting with  
Confidence** with Crystal T, LLMSW

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**Break the Negative Family Cycle: Navigating Common  
Challenges and Emotions for Parents on the Path to  
Change** with Jocelyn Flores

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**Self-Care Strategies for Harmonious Homes** with Laurie  
Moser

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**End conflict with your strong willed, intensely feeling  
kid/teen** with Allison Livingston

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**Dealing With the Grief of All That "Could Have Been"**  
with Tonya Wollum

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**On The Coparent's Path: Strategies for Thriving with  
Intense Kids (after separation)** with Rita Morris

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**Intense Parents Calmly Navigating Conflict with Your  
Intense Child** with Patricia Sung

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**Calming Conflict with School: Working with Schools  
(even when things get heated)** with Scotti Weintraub

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**How Being Confident Allows you to Respond Instead of  
React** with Anouk Brière-Godbout (that's me 😊)

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TO DO

TO REMEMBER

Participate in the bingo and submit your application for the  
*Calming the Intensity Community Membership Prize*

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27

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To attend - Done

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Today's presentations

**Staying connected to shared reality: Meeting each moment as it comes** with Gillian Boudreau

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**Skills to "Connect, Then Redirect" in Intense Situations** with Naomi Halterman

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**Lowering demands to reduce conflicts** with Amanda Diekman

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**Common Reasons Kids Resist Learning in Homeschooling and What to Do About it** with Afsaneh Moradian

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**Intentional Inconsistency: A Powerful Strategy to Inspire Cooperation with Strong-Willed Kids** with Beaven Walters

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**Executive Function Strategies to Diffuse Family Conflict** with Carrie Bonnett

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**GEMS - Connecting in the everyday moments** with Cristina Johnson

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**Use Collaborative Games to Connect with Kara Peterson**  
**Navigating Cultural Expectations whi Accommodating a Child's Emotional Needs** with Paula S Lawrence

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**Lean on the Interest-Based Nervous System to Reduce Conflict and Support Agency** with Dr. Megan Anna Neff

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FEB 28 -  
MAR 1

### REPLAY DAYS

**Feb 28th 9am ET** - All the presentations are available again until March 2nd at 9am ET

**Feb 28th 1pm ET** - **Live conference** - Calm your family to make the changes possible

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**March 1st 7pm ET** - Closing Call

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