



Inspireamillion Limited

INSPIRING CHANGE™



Triple-G™ Parenting Programme - Summary (Module 1)

Inspiring Change™ is a 6 weeks, bespoke parenting programme that is delivered to clients who have a genuine desire to change their mindset including aggressive and abusive or potentially abusive behaviour, usually those who have been identified as perpetrators of Domestic Violence and Domestic Abuse or those who have not parented previously. It is also highly effective for improving self-esteem of those who have been victims of abuse or trauma. The programme is delivered by a highly skilled motivational speaker, coach and mentor and a professional social worker with over 30 years experience of working in child protection in the UK and internationally. This programme is a product of Inspireamillion Limited. The programme has three components, known as the Triple-G™ Programme;

- *Gratitude*
- *Goal setting*
- *Growth*

The main goals of the Inspiring Change™ curriculum are to increase perpetrators of abuse's awareness and appreciation of child-centred parenting, and to set SMART GOALS for learning, rebuilding trust, and make plans for personal and relationship growth through change of habits. For those who are victims of abuse or recovering from trauma it also helps them to become more alert, appreciative and to develop a positive frame of mind. This is also ideal for new parents.

1. Gratitude (2 Sessions)

This segment is offered essentially as a highly focused mentoring opportunity for appreciative inquiries and self-actualisation (Maslow, A. H. (1987). This is run over 2 sessions, each lasting 2 hours. This not only helps the individuals to get into a positive frame of mind but also begin to see the true potential in themselves and those around them. **In terms of parenting, this focuses on what is involved in providing basic care and how to ensure safety.**

2. Goal Setting (2 Sessions)

This is a highly focused mentoring opportunity for the individual to set SMART GOALS, for learning, rebuilding trust of those around them and showing commitment to the six stages of change;

Stage 1: Pre-contemplation. ...	Stage 4: Action. ...
Stage 2: Contemplation. ...	Stage 5: Maintenance. ...
Stage 3: Preparation. ...	Stage 6: Termination. ...

(Ref. Prochaska and DiClemente)

This segment increases awareness of abusive, violent and neglectful parenting including domestic violence and abuse to partners. Issues of stress and anger management are discussed and strategies developed to enhance coping mechanism. The effect of abusive behaviour, how one can get out of victim mentality and develop positive strategies so child safety as well as own safety becomes a stated goal. This segment of the course has the potential to incorporate identified risks from the referrer including professionals and ensure the participant is equipped to provide "good enough" parenting. **In terms of parenting, this focuses on what is involved in providing emotional warmth & stimulation.**

3. Growth (2 Session)

This is a highly focused mentoring opportunity for the individual to set practical action plans using a range of templates which will be used for monitoring of change and maintenance of change. The cycle of abuse becomes clear and the strategy becomes natural to the individual for recognising destructive behaviour and helps them to focus on positive parenting and relationship building with child safety and safeguarding becoming a prominent feature. **In terms of parenting, this focuses on what is involved in providing guidance and boundaries & stability.**

Further details and booking:

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