

## Anugraha Gurukula – Spandana: Gurukula for parents



Warm greetings filled with love and care from Anugraha Living Values!

Parents are increasingly becoming concerned about and disturbed by growing social restlessness and unhealthy attitudes in the world around them. Most parents are searching for ways to help their offspring become self-regulated, healthy self-image and attitudes. Parents often struggle with inputs and relationships. Sometime they do not know how to help when their children are confronting their own issues. They fear the influence of the world in any form and would like to stay as effective participants as their children navigate through these challenging years. Often parents feel they are meek spectators when their children pass through stress and helplessness – violence!

We, Anugraha Learning and Research Foundation, have designed “Spandana - Values in parenting”. It is an initiative for parents in response to above concerns. It offers a platform for parents to share their challenges, concerns and opportunities, and come face to face and explore their own values and bring in timely corrections to their parenting understandings. “Spandana” comes with a process through which parents clarify their own value system and what they like to plant in their children. While in “Spandana” parents develop understandings to make children learn and grow living values.

Values in parenting module contains following opportunities to explore –

01.00 - Fundamental of parenting: Understanding the DNA of parenting

04.00 - Creative parenting: Exploring your creative energy in parenting

02.00 - Balanced parenting: Discovering balance in parenting

03.00 – Leadership parenting: Discovering leadership opportunities in parenting

05.00 - Joy of parenting: Discovering self-growth in parenting

06.00 – Discovering family values in parenting

Parents can participate in the initiative either by subscribing to annual membership to “Gurukula for parents”; Participating in our parenting workshops; Taking part in one-on-one coaching and mentoring in parenting or Partaking in our experiential and activity based outbound retreats.

We are waiting in to take-up a journey with parents to realise their parenting vision.