

TOOLS FOR LIFE Presents:

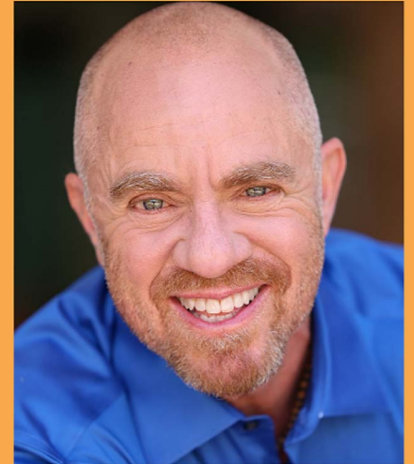


Harnessing Your Happiness Hormones & Caregiver Resiliency Trainings

2023-2024

HIGHLY EFFECTIVE TRAININGS THAT:

- Help families avoid and recover from emotional escalation during intense outbursts
- Increase the happiness of caregivers & kids
- Help families bond and heal from trauma



Nick Lawrence, MA
Director
Tools for Life, Inc.,
a non-profit
organization
dedicated to helping
people thrive!

Why your CAREGIVERS should take these Classes:

If your caregivers are feeling overwhelmed, invisible, exhausted and/or misunderstood, they will get much needed support. These classes are EXTREMELY CALMING AND NURTURING and will help caregivers and (their loved ones) feel better!

HARNESSING YOUR HAPPINESS HORMONES

This workshop provides an internal snapshot of the levels of stress and happiness hormones a person's nervous system is producing to either "THRIVE" or "SURVIVE". Participants take a hormone quiz to determine their hormone levels and are given a map that provides strategies to reduce stress hormone and increase happiness hormone production. This is an eye-opening experience for many people!

CAREGIVER RESILIENCY TRAINING

This six-week training is a weekly focus on happiness hormone production. Caregivers will learn and practice personal resiliency skills, as well as one parenting skill each week designed to enhance the happiness hormone production in themselves as well as their family members.

Contact Tools for Life

Call or text us at
(707) 393-7484

Visit our website:
www.toolsforlife.coach
or
email us at:
toolsforlife1@gmail.com

*"My **family** has completely transformed from **me** taking this class. I didn't think it was possible to have a happy family experience. I am so grateful for having taken this class!"*

- Dave, Northern California Foster Parent



TOOLS FOR LIFE, INC

Nick Lawrence, MA



Call us to discuss how Nick can help your organization as an educator, trainer, key note speaker, or how he can make your event an even bigger success!

Call Nick @ 707-393-7484

Nick Lawrence, MA, is the Director of Tools for Life, Inc., a non-profit organization dedicated to helping people thrive!

Nick is an entertaining, transformative, empowering, and informative national speaker and trainer. He is the Former Director of Foster and Kinship Education at Santa Rosa Junior College, with 25 years experience in Early Childhood Education, Parent Education, and Trauma Recovery Education.

Nick specializes in teaching how to:

- Manage the Autonomic Nervous System
- Parent Difficult Children
- Use Whole Brain Parenting Skills
- Help families heal from trauma



"I've been in Nick's class many times and I've loved every class! I feel like I'm dedicating time for myself as a place for me to grow. I am learning how to stay in a more quiet and peaceful place in my mind so that I can connect better with my kids. They are watching me put into practice what we are learning, and by doing that they are learning, too. It's really been great for my whole family! Thank you so much Nick. I really appreciate what you do and I love the classes. Thank you!"

-Alejandra, Northern California Foster Parent