



# Parenting By Design Course Packet

By



In order for the team to be successful, each team member must be:

- » Willing to share knowledge and experiences
- » Will to be honest
- » Willing to provide feedback
- » Able to work well with others
- » Welcoming and accepting of feedback
- » Solution oriented—A Problem Solver
- » A commitment to him/herself and his/her teammates
- » Positive in attitude
- » Willing to be held accountable
- » In Integrity
- » A commitment to be your word

## 1. Attendance & Homework Policy

- a. *We will begin promptly at 5:30 each class. If you are having difficulty arriving on time we ask that you call or text Dr Emery.*
- b. *In order to create the most value it is important that you complete your homework assignments weekly as the course material builds on itself each week. It is difficult to make the changes you want in your family unless you follow the course material and complete all homework assignments as they are designed. We realize some of the concepts will be new and we ask you to try it on for the 6 weeks.*
- c. *If it is necessary for you to miss class we would ask that you work with your team regarding scheduling on a day or evening when the whole team can attend. If that is not possible then it is strongly suggested that you find a way to get the information from an accountability buddy or Dr Emery so we make sure get as much of the learning as possible.*

## 2. Confidentiality

- a. *Confidentiality is one of the most important rules of a PBD Team. We must create a space where each member feels comfortable to share openly.*
- b. *All team members must read and sign the confidentiality agreement and complete the payment agreement prior to the meeting and fax it back to Families by Design corporate office at 786-272-0481. THIS IS YOUR FIRST HOMEWORK ASSIGNMENT.*

## 3. Accountability

- a. *Accountability is one of the key factors in creating an effective and successful Parenting by Design team. Being part of the team obligates you to being held accountable by your teammates during the six-week course. You may be in a position at times where you may need to step out of your comfort zone and hold yourself and others accountable. Make no mistake; accountability is the magic ingredient in creating true breakthroughs in your life and your family.*
- b. *You will have a parenting coach and buddy throughout the course. You will have a weekly coaching session with your coach to support you through the program. You may utilize coaching at any time you need support or guidance using the tools at home. You also have access to the FBD staff during these 6 weeks to use their professional advice while practicing the new techniques you will be learning.*

Action Tasks:

For our first meeting I will bring the following with me: Please initial each item.

**Complete a 60-day action plan related to your family goals.** These goals need to be measurable and specific and address all areas of your family life.

**Health and Wellness** - Here you might look at several things like your families eating and sleeping schedule, exercise, and any doctor’s appointments that need to be handled.

**Finances** - Here you might look at your families’ relationship to money. Have you begun to teach your children the value of money? Do they earn money? If so, how? If not then how would you like this to look? Do your children save for things that are not necessities etc.?

**Time Management** - how do you want your time/schedule to look, Relationship/Connection- do you spend one on one time together, during this time, do you connect? Do you have quality time or traditions in your family for your time together each week?

**Community Service** - Do you and your family do anything (do you want to do anything) that teaches them to be in service or give back in any way?

**Spiritual, Religious or Faith Based Community** - Do you and your family do anything that teaches spiritual growth or religious growth (if this is important to you)?

Decide exactly what is the goal with each family member and then what are the benchmarks you make for yourself to know that you are headed in that direction to make it happen. For example: I am committed to an honest, loving, connected relationship with my husband. Weekly I will have once a week date night beginning July 1st. Twice a month I will create an evening or day to make him feel special and loved. Each day when I get home I will connect with him without the T.V. or computer on to check in and create connection and vulnerability, etc. You would do this in each relationship. You may/will have several different goals in each relationship and in each area. Really sit with this and design the ideal relationship.

At the end, write why your goal is important to you. And, what will have to exist or change in you or your life to make sure you create this goal.

**On an index card with my “one minute commercial” written.** Your commercial is your why. Why this course important to you—be very specific i.e. What you want for your family, for your children etc. What you are committed to achieving from taking the course? Then on the back of the card complete the sentence “What my family means to me...”. I will be vulnerable and deep about my commercial.

**Be prepared to discuss your strengths and limitations as a parent.** You will want to really look in at what about you as a parent is a valuable asset to your relationships/children? What about you limits and/or challenges your relationships? This is a time to get real in order to build on where you want to go from here.

I understand that by committing to this program I am agreeing to be an active participant and present...  
(please sign and fax this to 786-272-0681 PRIOR to the first class)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

CUSTOMER CREDIT CARD AUTHORIZATION

I, \_\_\_\_\_, (please print your name as it appears on the credit card), authorize Families By Design to charge the amount of \$\_\_\_\_\_ for the purpose of:

Completing the PARENTING BY DESIGN COURSE - \$995 PER PERSON

To the following credit card: (PLEASE PRINT)

CREDIT CARD TYPE: \_\_\_\_\_

CREDIT CARD NAME: \_\_\_\_\_

CREDIT CARD NUMBER: \_\_\_\_\_

EXPIRATION DATE: \_\_\_\_\_

BILLING ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

SPECIAL INSTRUCTIONS/AGREEMENTS: \_\_\_\_\_  
\_\_\_\_\_

I FULLY UNDERSTAND THAT I AM COMMITTING TO THE COURSE TO ITS COMPLETION AND THERE ARE NO REFUNDS.

SIGNATURE: \_\_\_\_\_

DATE SIGNED: \_\_\_\_\_

## Directions to the Center

Directions to **7900 Glades Road, Boca Raton, FL, 33434, Suite 350**

**From the west heading east on Glades Road:**

Go past the Florida Turnpike entrance

Turn right into City Fish Market entrance (after the Shell gas station) Follow the road around to number 7900

**From the east heading west on Glades Road:**

Heading west toward the Florida Turnpike.

Turn left at the light before the Turnpike entrance.

**Landmarks:**

- 1) Corporate Centre sign on right
- 2) Ahead of you on the left is a sign for the Hilton Hotel

Follow the road around to number 7900

