

THE PARENT PARTNERSHIP PROGRAM™



A holistic program aligned with CASEL's
five core competencies to empower
parents and elevate family well-being

PROGRAM COMPONENTS



Parenting With
Purpose



Success
Fusion



Wellness
Wonder

CASEL ALIGNMENT



Self-
Awareness



Self-
Management



Social
Awareness



Relationship
Skills



Responsible
Decision-
Making

Created by Champion EmpowHERment
Intentionally Transforming Communities Through Family Engagement

The Parent Partnership Program is a powerful, community-driven family engagement initiative designed to bridge the gap between school and home. With families facing mounting pressures and children navigating increasingly complex emotional landscapes, this program equips parents and caregivers with tools, strategies, and confidence to raise emotionally intelligent, self-assured, and well-supported children.

At the heart of the program are three transformative workshops:

- **Parenting With Purpose**

A 10-week, trauma-informed curriculum that guides parents through meaningful lessons on discipline, boundaries, emotional intelligence, communication, and self-reflection.

- **Success Fusion**

A goal-setting and life-management workshop series that blends personal development with practical success strategies, helping parents model consistency, resilience, and forward movement in their everyday life.

- **Wellness Wonder**

A deeply restorative experience rooted in mindfulness, self-care, and emotional regulation, giving parents the permission and space to prioritize their well-being while strengthening their parenting presence.

The entire program is thoughtfully aligned with the CASEL 5 Core SEL Competencies

1. Self-Awareness,
2. Self-Management,
3. Social Awareness,
4. Relationship Skills, and
5. Responsible Decision

This ensures that every lesson supports the emotional development of both parent and child. We proudly integrate the **PEACE Model Framework**:

- **Purposeful Parenting**
- **Empowered Success**
- **Active Wellness**
- **Connected Community**
- **Engaged Support**

Together, these five pillars offer a holistic approach to family growth that aligns with your district's goals for stronger student outcomes and lasting family partnerships.

Meet the Founder: Tasha Champion

Tasha Champion is a Certified Wellness Coach, Yoga Instructor, and Social-Emotional Learning Facilitator through the nationally recognized Breathe For Change program. Since 2017, she has facilitated hundreds of parenting and personal development workshops for diverse communities. As the visionary behind The Parent Partnership Program, Tasha is known for her compassionate approach and ability to make complex emotional concepts simple, accessible, and deeply relatable. Her participants consistently share how heard, seen, and empowered they feel after her sessions.

Why Your District Needs This Program

Families today are overwhelmed, trying to balance work, home responsibilities, and the growing mental health needs of their children. Many parents want to support their kids but feel unsure where to start or how to maintain healthy, positive connections under pressure. The Parent Partnership Program provides a compassionate, accessible pathway for parents and caregivers to build confidence, learn practical tools, and feel empowered to support their children's emotional and social development. By strengthening the family-school connection, this program helps create more resilient families, improves communication, and reinforces the vital partnership between educators and the caring adults at home.

The Parent Partnership Program isn't just a workshop, it's a catalyst for lasting change. By equipping parents with practical tools, compassionate support, and a sense of purpose, we help families build stronger relationships and nurture the resilience every child needs to thrive. Your families deserve a program that uplifts the whole child by first nurturing the ones who raise them. It is a movement of transformation, healing, and hope for every home, intentionally transforming communities through meaningful family engagement.

"Thank you for allowing a safe space to be open and vulnerable to start acknowledging my needs."

"Tasha taught me how to give myself grace because parenting is a practice with the intent of learning not the intent to become perfect."

"I thoroughly enjoyed the insight and self awareness of this class. I'm sad it's over, looking forward to continue the growth I've started with the next class. "

"I usually get nervous when interviewing and this class gave me the secrets to interviewing and I am feeling more confident."

PARENTING WITH



PURPOSE

Empowering Parents to Elevate Families

The Empowered Series

A 10-week journey to help you feel more calm, connected, and confident as a parent. You'll explore what's shaped your parenting, learn simple tools that actually work, and create a home filled with more peace, love, and understanding, one week at a time.

- ✓ Breaking The Cycle: Healing Generational Habits
- ✓ What Are You Really Saying? Understanding the Messages Behind Our Words and Actions
- ✓ Fixing vs Supporting
- ✓ Effective Communication: Building a Family Where Everyone Feels Heard
- ✓ Letting Go of Shame, Guilt & Embarrassment
- ✓ Fostering Emotional Awareness & Safety
- ✓ Loving Limits: Cultivating Respectful Boundaries
- ✓ Guiding With Grace: Rethinking Disciplines and Routines
- ✓ Teamwork: Making Chores and Rules Together
- ✓ Speaking Your Child's Love Language

Bonus Ad Ons

- 1) Navigating Bullying Together
- 2) Raising Kids In A Digital World

- ✓ Foundational Series: These four classes are the heart of Parenting With Purpose

SUCCESS FUSION

Parent
Partnership
Program



Blending Personal and Professional Development for Greater Success

A transformative workshop designed to help you grow personally and professionally. Through self-discovery and skill-building, you'll gain the tools to navigate life with confidence and clarity. This experience empowers you to succeed at home, at work, and within yourself. Join us and let your personal development compliment your professional success

1. **Self-Assessment & Vision Setting:** Reflect on where you are, uncover your strengths, and set a clear vision to guide your growth personally and professionally.
2. **Work-Life Balance:** Create harmony, not just hustle. Explore ways to balance your personal and work responsibilities while caring for your well-being.
3. **Time and Task Management:** Learn simple tools to organize your schedule, prioritize tasks, and feel more in control of your day.
4. **Setting & Achieving Goals:** Turn your vision into action. Discover how to set realistic goals and create step-by-step plans to reach them.
5. **Basic Financial Budgeting:** Build skills to track expenses, create a budget, and make confident financial decisions.
6. **Foundations of Professional Skills:** Strengthen essential skills like communication, problem-solving, and reliability to thrive in any workplace.
7. **Conflict Resolution:** Navigate challenges with grace. Learn practical strategies to handle disagreements professionally and build stronger relationships.
8. **Customer Service Essentials:** Serve with excellence. Discover how to create positive customer experiences and handle difficult situations with professionalism.
9. **Resume and Cover Letter Writing:** Create resumes and cover letters that highlight your strengths and make you stand out to employers.
10. **Job Search Tips & Interview Skills:** Find job opportunities, avoid scams, prepare for interviews, and learn how to present yourself with confidence.
11. **Retention: Land the Job, Keep the Job:** Develop habits and mindsets to succeed in a new role, build trust with your team, and keep moving forward in your career.

WELLNESS WONDER



A Gentle Journey To Embrace And Empower Your Most Resilient Self

A two-part journey supporting your mental and emotional well-being through gentle movement, breathwork, meditation, and reflection. Whether you're navigating change or seeking deeper self-awareness, these workshops invite you to slow down, listen within, and rise renewed.

Session 1: Embrace, Reflect & Release: *Gentle Self-Discovery and Healing*

- **Grounding & Growth**

Establishing self connection to build inner stability and resilience.

- **Emotional Awareness**

Exploring your emotional landscape with curiosity and compassion to understand what you carry and why.

- **Healing the Inner Critic**

Softening self-judgment to replace harsh inner talk with compassion and acceptance.

- **Self-Compassion in Parenting**

Being gentle with yourself in your parenting journey.

- **Honoring Grief & Change**

Making space for loss, transition, and the complexity of life.

- **Releasing & Renewal**

Letting go of emotional heaviness and inviting new perspectives

- **Boundaries & Balance**

Setting healthy limits and honoring your needs.

- **Acceptance & Surrender**

Letting go of what you cannot control.

Session 2: Empower, Rise & Reset *Step into your resilience and renew your power*

- **Mindful Communication**

Expressing needs and feelings with honesty and clarity

- **Empowerment & Confidence**

Building self-trust and confidence and celebrating small wins

- **Creativity & Play**

Reconnecting to self-expression through curiosity and fun

- **Purpose & Values**

Identifying what matters most to align your daily life with your core values

- **Inner Clarity & Vision**

Building trust in yourself and visualizing your purpose

- **Vision Board Workshop**

Creating a visual map of your desired wellness journey.

- **Nourish & Restore**

Replenishing energy and committing to sustainable self-care

- **Reconnecting to Joy & Wholeness**

Remembering and celebrating the parts of ourselves that feel alive, joyful, and whole.



To accommodate the busy schedules of parents, these workshops are available in person or virtually.

Are you ready to bring The Parent Partnership Program into your school district?

Contact us for a consultation and learn how we can present a free class to your deserving families.

424-265-2235
info@tashachampion.com

Ask us about our Mindful Momentun for Professional Development Days.



Champion EmpowHERment presents

Mindful Momentum

Self-Care Mastery for Mental Health Harmony

This customizable professional development workshop has been designed for educators and classified employees. Participants gain guidance and practical tools to build daily self-care habits, overcome burnout, acknowledge their needs, and cultivate a positive mindset. This experience directly supports mental health by teaching simple ways to decompress and rejuvenate, creating renewed energy and well-being that positively impacts every part of life.

424-265-2235 info@tashachampion.com

To Whom It May Concern,

It is with great enthusiasm that I recommend Champion EmpowHERment and the Mindful Momentum workshop. Last summer, our classified employees at Victor Elementary School District had the opportunity to participate in this workshop, and the impact was truly meaningful.

The session provided our team with valuable tools to manage stress, improve well-being, and find balance-not just during the summer but throughout the school year. Participants expressed appreciation for the practical strategies shared, and many noted a renewed sense of focus and calm in their daily work.

Working with Ms. Champion was a seamless and positive experience. Her professionalism, expertise, and genuine passion for mental health and self-care made the workshop engaging and effective. She created a welcoming space where our employees felt comfortable learning and implementing these essential practices.

I highly recommend Champion EmpowHERment for any organization seeking to support employee well-being. Investing in mental health and self-care is invaluable, and this program is a fantastic resource to achieve that goal.

Sincerely

A handwritten signature in black ink, appearing to read "Jennifer Sharp". The signature is fluid and cursive, with the first name "Jennifer" written in a larger, more prominent script than the last name "Sharp".

Jennifer Sharp
Director of Risk Management
Victor Elementary School District