

MERRI GUGGISBERG

PARENT COACH • SPEAKER •
COMMUNITY CONNECTOR



Helping parents, educators, and professionals build lasting connections with children through mindfulness, practical tools, and compassionate support.

Merri Guggisberg is a trusted parent coach, speaker, and advocate for creating calm, connected family and community life. She helps adults navigate everyday challenges - like screen time, anxiety, and emotional regulation - through her mindful, strengths-based **PAUSE Process**.

Whether in homes, schools, or community spaces, Merri brings clarity, warmth, and tools that support lasting connection and resilience for children and families.

WAYS MERRI COLLABORATES

Keynotes • Breakout Sessions • Panel Facilitation
Virtual Events • Podcasts & Interviews
Half-Day & Full-Day Trainings
School & Community Workshops

LET'S CONNECT

Website: www.mkgparentcoach.com

Email: merri@mkgparentcoach.com

Instagram | Facebook | LinkedIn

POPULAR TOPICS



Creating Calm



Mindful Parenting in a Digital World



The Power of the PAUSE



Building Family Strengths



Prevention Starts with Connection



Screenagers: Elementary Edition & Community Panel Discussions

"Merri brought an engaging and insightful approach, offering practical strategies to help parents and students use their strengths to navigate challenges. Her message about the 'power of pause' left a lasting impact. We highly recommend Merri for anyone looking to empower families through positive, strengths-based connection."

Betsy Roesler, Project Director,
Partners for Prevention Coalition

Let's collaborate on how I can support your events
WWW.MKG PARENT COACH.COM



Educational Sessions that Support, Equip, and Inspire

Parenting with Purpose, Presence, and Connection

Merri Guggisberg – Parent Coach & Speaker

Supporting families, educators, and communities in raising emotionally healthy children through practical tools, meaningful conversations, and compassionate connection.

Emotional Wellbeing & Mindful Parenting



Calming the Chaos

Seeking more calm and cooperation at home? Learn peaceful parenting tools that reduce stress, strengthen connection, and bring more ease to everyday family life.

Mindful Parenting means Emotional Connection

Explore how mindfulness can reduce stress, quiet negative thoughts, and help you stay emotionally present — even in the most challenging parenting moments.

Anchors for Understanding

Learn how to approach conflict with clarity, communicate with connection, and calmly respond using practical tools for resolving parent-child challenges.

In This Together: Caring for Parent & Child Emotional Health

Learn how to recognize mental health needs in both yourself and your child, explore calming strategies, and access helpful resources for long-term support.

Connection & Communication

Strengths in Action

Discover how to recognize and celebrate character strengths to deepen family bonds. Using the Values in Action (VIA) Inventory to align strengths with family values to build positive self-image and enhance everyday interactions.

Prevention with Connection

Support your family member's wellbeing with tools rooted in brain development and prevention science. Learn strategies for open conversations and proactive habits that reduce risk and build resilience.

Faithful Curiosity

This session invites families to reflect on everyday moments with wonder, explore big questions with openness, and share meaningful conversations about their values, beliefs, and experiences — all while deepening connection and compassion at home.

Speak Their Love Language

Discover how to identify and express love in ways your child understands best—building deeper trust, emotional safety, and connection at home.

Your Family & Technology

Digital Wellbeing for Families

Struggling with technology's impact on family life? This session addresses screen-related stress and anxiety, guiding you in creating a family media plan for balance, peace, and connection.

Screenagers Elementary Edition Documentary & Panel Discussion

This engaging film explores the challenges elementary-aged children face with technology, including smartwatches in class, video gaming, social media pressures, and finding balance in screen time. Packed with practical solutions, it empowers families to build healthy digital habits and stronger connections. Following the screening, a panel discussion will offer personalized strategies to help families navigate these challenges and apply the film's insights to their daily lives.

Connect with MKG Parent Coach

Merri@MKGParentCoach.com

WWW.MKGPARENTCOACH.COM