

Becoming Leaders- Raising Leaders Parenting Program

Parenting Program By Efrat Amira

Curriculum and Topics:

Embodying Leadership

Step fully into your natural authority as a parent and lead your family with calm, confident presence.

Attachment

Understand the deep emotional bond that shapes your child's development, behavior, and sense of security.

Parental Responsibility

Explore what it truly means to take responsibility—not control—of your role as a parent.

Creating Your Vision

Clarify your “why” behind parenting and create a personal mission statement that will guide your daily choices as a parent.

Establishing a Strong Family Culture

Dive into your family's core values and create a shared family mission and vision that will shape your home culture.

Discipline

Redefine discipline as teaching and guidance rather than punishment, and gain tools for calm authority and consistency.

Raising Resilient Kids

Discover how to nurture confidence and emotional strength in your children so they can face challenges with courage.

Wise Communication

Learn communication tools that build connection, cooperation, and emotional safety within your family.

Raising Leaders

Empower your children to develop independence, responsibility, and purpose.

Building Strong Partnerships

Strengthen your partnership with your co-parent (or support network) to create unity and shared leadership at home.

Bonus Material:

A Deep Dive Into The Nervous System

Understanding how your nervous system works and develops provides an important framework for holistic parenting that takes the whole child into consideration.

Breaking Down ADHD

This week will be a deep dive into understanding ADHD, its symptoms, potential causes, and most importantly parenting based treatment.

Books That Inspired This Course

The **Becoming Leaders, Raising Leaders Program** is grounded in wisdom from philosophy, psychology, leadership, and parenting. These books shaped the principles, insights, and practical strategies you'll explore in the program:

- **Lessons in Leadership** (*Rabbi Jonathan Sacks*) – Timeless principles on integrity, responsibility, and leading by example.

- **12 Rules for Life** (*Jordan Peterson*) – Insights on personal responsibility, structure, and building character in everyday life.
- **Start With Why** (*Simon Sinek*) – Understanding the power of purpose and meaning in leadership and parenting.
- **Parents on a Mission** (*Richard R. Ramos*) – Practical guidance for shaping children’s character with intention.
- **Rest, Play, Grow** (*Deborah MacNamara*) – The importance of rhythm, emotional attunement, and child development.
- **The Power of Showing up** (*Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.*)- How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired
- **The Obstacle Is the Way** (*Ryan Holiday*) – Using challenges as opportunities to build resilience and strength.
- **The Coddling of the American Mind** (*Greg Lukianoff & Jonathan Haidt*) – How overprotection affects children’s resilience and independence.
- **The Happiness Hypothesis** (*Jonathan Haidt*) – Psychological insights on morality, meaning, and flourishing.
- **How to Win Friends and Influence People** (*Dale Carnegie*) – Principles of communication, influence, and connection.
- **The Next Conversation** (*Jefferson Fisher*) – Understanding effective dialogue and guiding discussions thoughtfully.
- **The Blessing of a Skinned Knee** (*Wendy Mogel*) – Raising children who are responsible, resilient, and capable of handling life’s challenges.
- **The Art of Elevation** (*Dr. Yehiel Harari*) – Cultivating higher thinking, purpose, and perspective in parenting.

- **Winning Every Moment** (Dr. Yehiel Harari)- Soul Conversations with the Baal HaTanya
- **Extreme Ownership** (*Jocko Willink & Leif Babin*) – Taking full responsibility as a leader and modeling accountability.
- **Bad Therapy: Why the Kids Aren't Growing Up** (*Abigail Shrier*) – Examining modern therapy trends and their impact on children's independence and growth.
- **Nurturing Resilience** (Kathy L. Kain , Stephen J. Terrell): Helping Clients Move Forward from Developmental Trauma--An Integrative Somatic Approach
- **Adhd Is Not An Illness And Ritalin Is Not A Cure** (Yaakov Ophir): A Comprehensive Rebuttal Of The (alleged) Scientific Consensus

Each of these works contributed to the framework of **leadership-based parenting**, combining guidance, character development, resilience, and meaningful connection into one cohesive approach.