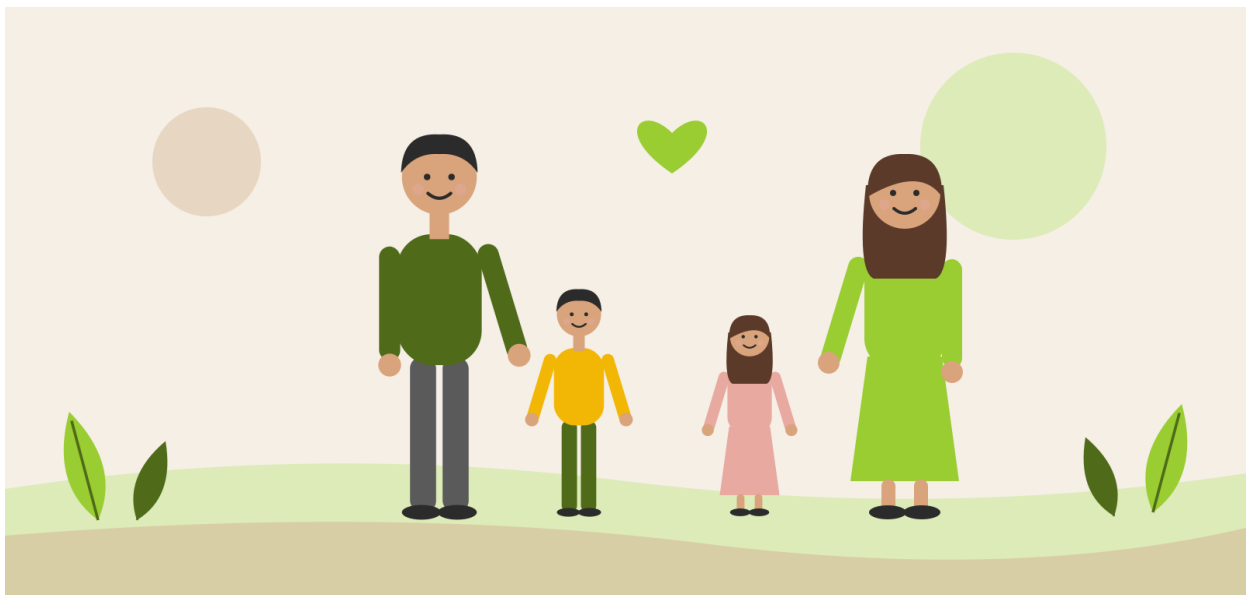




Positive Living UAE

Holistic Psychotherapy & Neurofeedback Clinic



Conscious Parenting

Coaching Program for Both Parents

Two parents. One team. Children who feel truly seen.

with Luz Maria Villagras Surco

Holistic Psychotherapist | Certified Conscious Parenting Coach

IS THIS YOU?

Do These Moments Feel Familiar?

- You promised yourself you would never shout like your parents did. Then you heard their words coming out of your mouth.
- One of you is strict, the other is soft, and the children have learned exactly who to ask.
- You argue about parenting more than about anything else, often in front of the kids.
- Homework, screens and bedtime have become a daily battlefield.
- You both work long hours, and the little time left with the children is spent correcting them.
- Your child is anxious, angry, withdrawn or “difficult”, and nothing you try seems to work.
- Grandparents, nannies and helpers all have their own rules, and you feel you are losing your place as parents.
- Deep down, you love your children more than anything, but you do not always like the parent you have become.

If you nodded even once, you are in the right place. Nothing is wrong with your family. You simply have not been shown another way. **Yet.**



A LETTER TO YOU

Dear Parents,



Thank you for being here. The fact that you are reading this, together, already says so much about the love you have for your children.

I know how hard parenting can be. I am a mother of three boys, and I have had my own moments of shouting, guilt and lying awake at night wondering if I was getting it right.

What changed everything for me was understanding that **my children were not the ones who needed fixing. I was the one who needed to heal.**

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I know how hard parenting can be. I am a mother of three boys, and I have had my own moments of shouting, guilt and lying awake at night wondering if I was getting it right. What changed everything for me was understanding that **my children were not the ones who needed fixing. I was the one who needed to heal.**

In this program I will not give you tricks to make your children obey. I will walk beside both of you as you look at your own childhoods, understand your triggers, and learn to parent as one team, with unconditional love and boundaries that make life better, not smaller.

It takes courage to choose a new way instead of simply reacting. I am truly honoured that you are trusting me with your family. Together, we will create real, positive change in your home.

With love,

Luz Maria Villagras Surco

Holistic Psychotherapist & Certified Conscious Parenting Coach

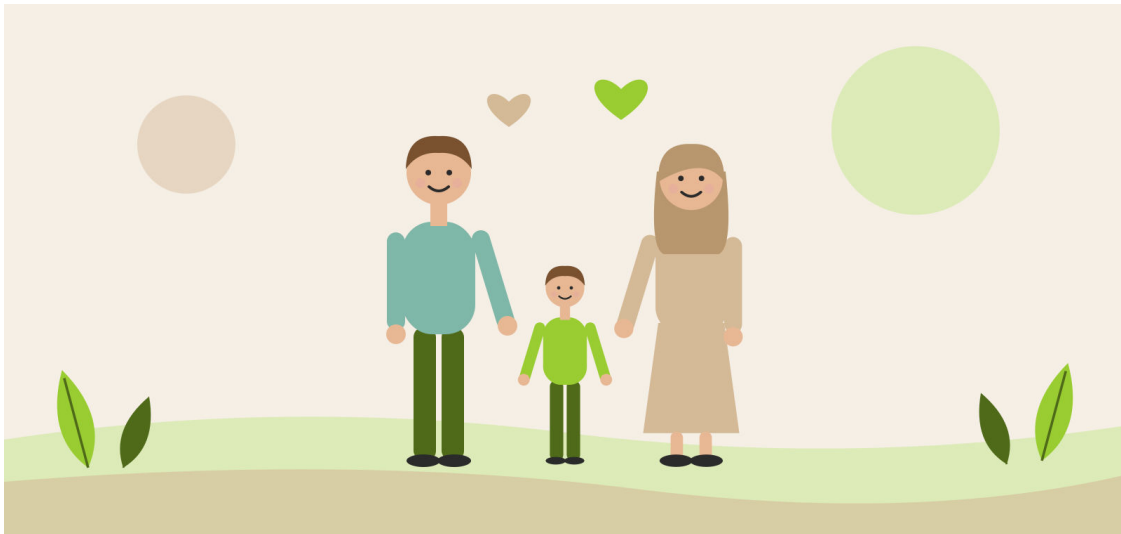
WE UNDERSTAND YOUR WORLD

Parenting in Dubai's Fast Lane

Dubai gives our families so much: opportunity, safety, beautiful schools and a life many dream of. It can also quietly take something away: time, presence and connection.

- **Busy parents, tired hearts:** long working hours, business travel and back-to-back activities leave little space to simply be together
- **Achievement over connection:** the pressure for top grades, the right school and the perfect extracurriculars can make children feel valued for what they do, not who they are
- **Many hands raising one child:** nannies, helpers, grandparents and teachers all play a role, and the parents' voice can get lost
- **Two worlds in one home:** parents often come from different backgrounds, traditions or family rules, and must build a new way together
- **Screens everywhere:** devices become babysitters, peacemakers and battlegrounds
- **Self-neglect:** parents give everything to work and children, and forget to look after themselves and their own relationship

This program is designed for exactly this life. Not to make you slow down everything, but to help you be **truly present** in the moments you do have.



THE FOUNDATION

What Is Conscious Parenting?

Conscious Parenting, developed by clinical psychologist Dr. Shefali Tsabary, starts from one simple and life-changing idea: **the child in front of you is not the problem to fix. The relationship is the place to grow.** It asks both parents to look inward first, because our reactions to our children are usually echoes of our own childhood.

“The greatest indicator of good parenting is how good a parent you are to your own inner child.”

Conscious Parenting is:

- **Parent-focused:** we work on your patterns and reactions, not on “correcting” your child
- **Relationship-focused:** the bond matters more than any single behaviour
- **Need-focused:** behind every tantrum, slammed door or silence is an unmet need
- **Connection-focused:** control is swapped for connection

The 8 principles we live by

Principle	What it looks like at home
Non-violent	No hitting, no threats, no frightening silence
Non-punitive	Natural consequences instead of punishments
Non-hierarchical	You lead with authority, not with power over
Non-shaming, non-guiling	“You made a mistake” instead of “You are a bad boy”
Non-coercive	Cooperation through connection, not through fear
Non-competitive	No comparing with siblings, cousins or classmates
Non-mainstream	Free to question what “everybody does”
Non-linear	Growth comes in waves, for you and for your child

A DIFFERENT WAY

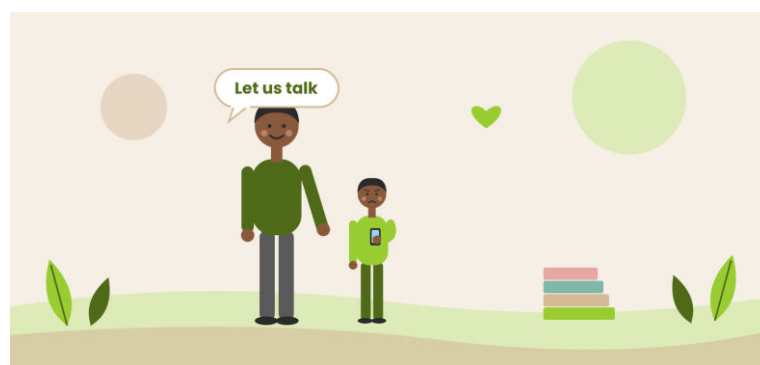
Traditional vs Conscious Parenting

Most of us were raised in the column on the left. It is not about blame. Our parents did what they knew. This program invites you to choose the column on the right, one moment at a time.

Traditional Parenting	Conscious Parenting
Outcome and behaviour based	Process and needs based
Fear and control	Connection and safety
Achievement and competition	Being seen for who you are
Rules, order and arbitrary consequences	Flow, ease and natural consequences
Punishment, yelling, shaming, guilt	No punishment, no shaming, no guilt
The parent is the only teacher	Both parent and child are teachers
Parenting is a task to manage	Parenting is a journey of growth
Strategies, tricks and gimmicks	Presence, listening and authenticity
Fixing, managing, commanding	Listening, understanding, guiding

A moment you may recognise

- **Traditional:** your 8 year old refuses homework. You threaten to cancel the weekend outing. He cries, you shout, everyone goes to bed upset.
- **Conscious:** you pause, breathe, and notice your own worry about grades. You sit beside him: “It looks hard tonight. What is the hardest part?” He finally admits he did not understand the lesson. The homework gets done, and so does the connection.



HOW WE WORK

The Integrated Method

This is where Positive Living UAE is different. Conscious Parenting is the heart of the program, and Luz Maria blends it with powerful therapeutic modalities so that change happens not only in your thinking, but in your body, your subconscious and your daily habits.

Modality	What it does for you as a parent
Conscious Parenting (Dr. Shefali Tsabary)	The core framework. Moves you from control to connection, and helps you see your child as your mirror and teacher
Compassionate Inquiry (Dr. Gabor Maté)	Gently uncovers the beliefs and childhood wounds underneath your triggers, and helps heal the trauma held in the body
RTT Clinical Hypnosis (Marisa Peer)	Reaches the subconscious root of patterns such as “I am not good enough” or “I must be in control”. Also addresses addictive behaviours that pull a parent away from family life, including pornography, escort services, drugs and alcohol
NLP (Richard Bandler)	Reprograms self-talk away from guilt and victimhood, and gives you new language for difficult moments with your children
Imago Dialogue (Harville Hendrix & Helen LaKelly Hunt)	Gives both parents a safe, structured way to talk about parenting differences, so disagreements bring you closer instead of dividing you
Somatic, Trauma-Informed Body Work	Teaches your nervous system to calm down, so you can breathe through a feeling instead of exploding or shutting down
Neurofeedback & QEEG Brain Mapping	Available in-house, where suitable, to support stress, focus, sleep and emotional regulation for parent or child

Why this matters: many parents already know what they “should” do. Then, in the heat of the moment, the old programming takes over. Insight alone rarely changes a reaction. Working with the subconscious and the body is what makes the change last.

THE JOURNEY

Your 8 Week Program

Weekly sessions with both parents together, with individual sessions for each parent where deeper inner work is needed. Children may join a session when it supports the family, as agreed with Luz Maria.

WEEK

1

Two Childhoods, One Home

Every parenting couple brings two different upbringings into the same house.

- Getting to know your family: each child, each parent, the struggles and the strengths
- Mapping how each of you was parented, and what you swore you would never repeat
- Your fantasies about your children versus the reality in front of you
- Setting your shared intention for the 8 weeks

Example: Rania grew up with strict rules and silence at the dinner table. Her husband grew up in a loud, warm, chaotic home. No wonder bedtime turned into a battle: they were each defending their own childhood.

Home practice: Each parent writes, separately, “The parent I want to be” and “The parent I become when I am tired”.

WEEK

2

Your Child Is Not a Mini You

You are not raising a copy of yourself. You are raising a spirit with its own signature.

- Seeing who your child truly is, beyond your plans, your culture and your expectations
- Recognising the agendas you placed on your child (grades, sports, career, behaviour in front of family)
- Why conflict often starts when our agenda is not met
- Making room for your child to unfold naturally

Example: Dad dreams of a football star. His son loves drawing and hates the pitch. Every Saturday ends in tears, until Dad realises the dream was his, not his son's.

Home practice: Together, write who you believe your child authentically is, without your hopes added on top.

WEEK

3

The Mirror: Triggers and Generational Patterns

Our children are the mirror through which we discover forgotten parts of ourselves.

- Identifying your personal pattern: trigger, then reactivity
- Spotting the generational patterns you are both repeating
- Understanding why the same behaviour triggers one parent and not the other
- Compassionate Inquiry: what your child is trying to wake you up to

Example: When their daughter talks back, Mum freezes and Dad explodes. Both reactions are old. Mum learned to stay small as a child, Dad learned that respect means obedience.

Home practice: Each parent keeps a short trigger log: what happened, what I felt in my body, what I did.

WEEK

4

From Reacting to Responding

Emotions are reactions to feelings we have not allowed ourselves to feel.

- The difference between feelings and emotions in Conscious Parenting
- Somatic, trauma-informed tools to calm your nervous system in the moment
- The “pause” you can both use before speaking to your child
- Agreeing on a signal between you when one parent is about to lose it

Example: Instead of shouting “How many times do I have to tell you?”, Ahmed now puts a hand on his chest, takes three breaths, and kneels down to his son’s eye level.

Home practice: A 5 minute daily breathing and body scan practice, ideally done side by side.

WEEK

5

Healing the Parent Within

Without inner work, it is virtually impossible to raise children consciously.

- Individual RTT and Compassionate Inquiry sessions for each parent
- Releasing wounds of “not good enough”, people pleasing, perfectionism or shame
- NLP to rewrite the inner voice that says “I am failing as a parent”
- Bringing what you discover back to your partnership with kindness

Example: Priya realised her panic when her son fails a test is the same panic she felt waiting for her own father’s reaction to her report card.

Home practice: Listen to your personal RTT recording daily, as guided by Luz Maria.

WEEK

6

From Discipline to Connection

The need to discipline often comes from our own sense of helplessness.

- Why threats, punishment and shame break trust, even when they “work”
- Natural consequences instead of arbitrary ones
- Life-enhancing boundaries held with love, not with fear
- Screens, homework, bedtime and sibling fights, handled the conscious way

Example: *Instead of taking the phone away for a week, the parents sit with their 13 year old and agree on screen times together. When she breaks the agreement, the consequence is the one she helped write.*

Home practice: Choose one daily flashpoint and try the conscious approach together for 7 days.

WEEK

7

One Team, Two Voices

Children feel safest when their parents are aligned, not identical.

- Imago-inspired dialogue so you can disagree about parenting without fighting in front of the children
- Ending the “good cop, bad cop” roles
- Aligning with grandparents, nannies and helpers who are part of daily life
- Repair: how to apologise to your child, and to each other

Example: *Mum always says yes, Dad always says no, and the children know exactly who to ask. In one Imago dialogue they discover they are both trying to protect the children, just in opposite ways.*

Home practice: One structured parenting dialogue per week, using the mirroring steps learned in session.

WEEK

8

Your Conscious Family Vision

Parenting is not a task to complete. It is a journey you now walk together.

- Deconstructing the myths: success, happiness, control, “good” and “bad” children, “love is all you need”
- Befriending anxiety instead of hiding it behind overworking, over-scheduling or scrolling
- Pain as a teacher, for you and for your children
- Writing your family values and a simple plan for the months ahead

Example: *The family vision now hangs on the fridge: “In this home we are allowed to make mistakes, to feel everything, and to be loved for who we are, not for what we achieve.”*

Home practice: A monthly family check-in, and optional follow-up sessions with Luz Maria.

WHO IT IS FOR

This Program Is For You If...

- You are both willing to look at yourselves, not only at your children
- You have children of any age, from toddlers to teenagers
- You feel you parent from two different rulebooks
- You are preparing for a new baby and want to start consciously
- You are blending a family, or co-parenting after separation, and want a shared language
- You want a calmer, more connected home, without punishment, shouting or shame

What You Walk Away With

- A deep understanding of your own triggers, and the childhood roots behind them
- Practical tools to stay calm and present in the hardest moments
- A shared parenting language, so you stop undermining each other
- Boundaries that your children respect because they feel connected, not afraid
- A family vision and values written by both of you
- Less guilt, more confidence, and a relationship with your children built on trust
- A stronger partnership, because parenting together often heals the couple too



BEFORE WE BEGIN

Questions to Sit With

Take a quiet moment with a cup of tea and a notebook. There are no right answers. These questions are the doorway into your first session.

- What were your fantasies about your child? In what ways have they come true, and in what ways have they not?
- Think of the last conflict with your child. What was your agenda? Was it really about your child?
- Who is your child truly, without your expectations or cultural conditioning?
- When you lose control, what is the inner voice saying? Is it asking for control, or for connection?
- Which generational pattern do you most want to stop with you?
- Where do you and your partner most often clash as parents?

ONE OF A KIND

Why Positive Living UAE

Positive Living UAE is not a typical counselling centre. It is a holistic psychotherapy and neurofeedback clinic where mind, body, heart and brain are supported together, under one roof.

Why Luz Maria is different

- **Over 10 years of clinical experience:** in the UAE, supporting individuals, couples and families from all walks of life
- **Certified Conscious Parenting Coach:** trained and licensed through Dr. Shefali Tsabary's institute
- **A rare combination of certifications:** RTT Clinical Hypnosis (Marisa Peer), NLP (Richard Bandler), Compassionate Inquiry (Dr. Gabor Maté) and Imago Couples Therapy (Harville Hendrix & Helen LaKelly Hunt), blended by one practitioner
- **Academic grounding:** currently completing her BSc in Psychology
- **Lived experience:** a mother of three boys who knows parenting from the inside, not only from books
- **Four languages:** English, Arabic, Spanish and Italian
- **Published author:** of four books, available on Amazon UAE
- **Brain-based support in-house:** neurofeedback and QEEG brain mapping at the same clinic, where suitable

IN THEIR WORDS

What Parents Say



“Since moving to Dubai, my 15 year old son has really struggled with his mental health, and we felt like we were slowly losing the bright, happy kid we used to have. I was sceptical about therapy due to my own personal experience, however we needed to do something. I am not exaggerating when I say that after only 3 sessions we had our boy back!!! She managed to connect with him in a way that we couldn't...”

Parent of a 15 year old, Google Review



“I’m so grateful to share my experience with conscious parenting coaching. When I first approached Luz Maria at Positive Living UAE, I was anxious and guilty about my relationship with my young 6 year-old son. I felt like I wasn’t able to handle his normal developmental dramas without impatience or anger, and I wanted a space to grow as a mindful parent. From the first family therapy session, I felt understood.”

Parent, Conscious Parenting Coaching, Google Review

Shared from Positive Living UAE Google Reviews. Reviewer names are withheld to protect the privacy of the families and children involved. Every family’s journey is different.

YOUR QUESTIONS

Frequently Asked Questions

What if only one of us is ready to join?

That is very common. One parent often starts first. Change in one parent changes the whole family system. Many partners join later once they see the difference at home. You may also consider the Conscious Mother Program if you are a mother starting alone.

We disagree completely about parenting. Can this still work?

Yes. Disagreement is not the problem. It is the starting point. The program helps you understand where each view comes from, and build a shared way forward that respects both of you.

Do our children need to attend?

The focus is on the parents. Children may join a session when it helps the family, and teenagers can also be supported through our Conscious Teen and Parent Program.

Is this therapy or coaching?

It is both. Conscious Parenting coaching is the framework, supported by therapeutic modalities such as RTT, Compassionate Inquiry, NLP and somatic body work for deeper healing.

Is this only for families with “problems”?

Not at all. Many parents join because they simply want to raise their children differently from the way they were raised.

Can sessions be online?

Please ask us when you book your consultation, and we will advise what suits your family best.

YOUR NEXT STEP

How to Begin

- **Step 1:** Call or WhatsApp us to book your initial consultation
- **Step 2:** Complete the family intake form, so Luz Maria can understand your family before you meet
- **Step 3:** Attend your first session together and set your shared intention
- **Step 4:** Begin your 8 week journey towards a calmer, more connected home

Conscious Parenting Coaching Program

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“To heal humanity, one child at a time.”