

LEADERSHIP Parenting



Mother Gopi Gita
Parent and
Education Coach

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I SEE YOU

Whether you manage teams, volunteer in your community, or serve those around you, you are a change-maker. You value healthy relationships and high productivity in your leadership spaces.

You're not okay with an ordinary life. You push yourself beyond your comfort zone and sacrifice deeply. You serve, you guide, you worry, and you constantly grow.

When your child is unhappy, stuck, or angry, it can make you feel so inadequate. It keeps you up at night and can make you question all that you do.

I'm here to tell you that your wait is over. You have put in your time. That you're here means you're about to experience a transformational shift. Your effort and care is seen, more than you can imagine.

Through Leadership Parenting, I will guide you to empower your child's full social, emotional, academic and spiritual success. As your child steps into happy friendships, academic absorption, high productivity, and spiritual motivation, you will soar. You will finally feel full congruence with every one of your actions and conversations, with your children at home, and in your leadership spaces. With my help, your very being will transform in incredible ways. With ease and love.

Yours in service,

Mother Gopi Gita

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what do you desire?



*"I wish my girl would have friends she can trust."
"I wish my teen would ask to spend time with me."
"I wish my 8-year-old would stop arguing."
"I wish they loved going to the temple."*

Transformation begins with a desire. All across the United States, Leadership parents are getting their wishes fulfilled. From happy friendships, to deep connection, to academic success, to spiritual leadership, magical fairy dust type change can be yours as well.

What do you desire? Think big. Write out your dreams for your children, every single last one. No dream is too grand for your Inner Parents. Join Leadership Parenting online sessions and watch how miraculously every single wish comes true.

AMAZED

I was amazed at how quickly these strategies worked. My little girl went from crazy friend drama to loving her playdates! I was closely guided at every step.

MEAGHAN BHAT, CEO, REAL YOGA



CONFIDENT

I felt hopeless and disconnected with my teens. Now they open their hearts to me. We have long talks instead of arguing! I feel so confident with them.

JENNY ZHANG, ADULT EDUCATOR

What is Leadership Parenting?

*The Most Comprehensive Parenting Program
in the world*

“
Crafted from ancient bhakti principles from India, with strategies to reach the core of your child's heart.

You are not alone. Parents around the world have similar burning questions and challenges as you.

You may be frustrated with your child's interactions at home. How can my child stop arguing with me and do what they need to do? Or you may feel worried about their social environment. How can they have happy friendships and stop feeling hurt or left out? You may wonder about their motivation at school. How can I help my child get good grades and be motivated to do their best?

Finally, if you have a true servant's heart, you maybe dismayed at their lack of spiritual connection. They may be bored at the temple, church or mosque. How can I help my child be interested in spiritual practices? How will they step into congruence with their true identities?

Leadership Parenting has powerful strategies to solve all these challenges, and more. Not only is parenting the most difficult service you will ever do, there is no one size fits all set of solutions. You can discover how your unique personality is perfectly matched to your child's for optimal success.

Crafted from ancient bhakti principles from a small region of India, where kings and queens reigned, Leadership Parenting follows the path laid out by saintly kings. The Patron Saints of Love and Learning, Saint Gaura and Saint Nitai demonstrated powerful strategies to reach the core of your child's hearts. You will be guided to identify your child's three core needs, manifesting in their actions and words. Once these three needs are met, your child will experience happy friendships, purposeful engagement, academic absorption and spiritual motivation. Once they balance out their three core needs, your child will experience true empathy and natural leadership.



*The Patron Saints of Love and Learning
Saint Gaura and Saint Nitai*

100% SUCCESS



HAPPY FRIENDSHIPS

Empower your child socially.



FULFILLED TASKS

Neutralize your child's defiance.



ACADEMIC SUCCESS

Motivate your child to do well at school.



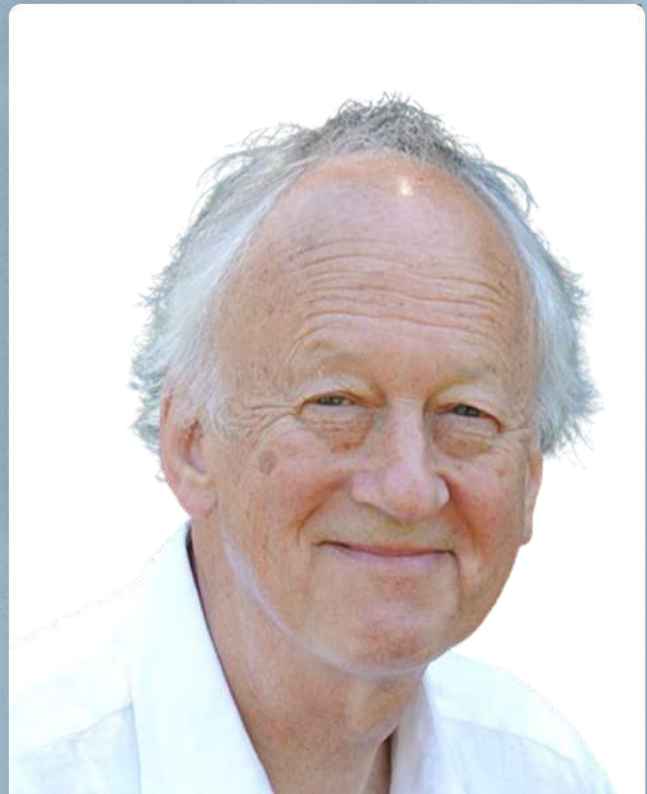
SPIRITUAL MOTIVATION

Witness your child's eagerness for spiritual practice.

GENIUS

Gopi Gita is a genius educator who has deep insight into what children need, and knowledge of 'what works' to foster their growth.

DAVID STREIGHT, AUTHOR,
CO-FOUNDER, CSEE



NO MORE ARGUMENTS

Before, my son was disrespectful, argumentative and would whine about everything. Now, he hugs me, apologizes, and helps me when I need. There's been a significant transformation because of Leadership Parenting.

UMA POTLURI,
MANUFACTURING ENGINEER





FIVE PARENTING MISCONCEPTIONS

1. I NEED TO BE WITH MY CHILD ALL THE TIME.

Thousands of years ago, in the age of bhakti leadership in ancient India, kings and queens had a variety of support: nurses, bathers, cooks, tutors and more. "It takes a village." Life is busy! Better to make your moments with them count and spend as much as you can. But if you are frustrated and depleted around them, go recharge. You have busy days of leadership service. Release your guilt.

2. I NEED TO LISTEN TO OTHER PARENT'S OPINIONS.

No one's opinion matters but yours and your co-parent's. Not one of the parents who are judging you are dealing with the challenges you face. Nor do they know your child at all.

3. I NEED TO DO ALL OF IT.

Organic spinach, Lulu lemon clothes, martial arts, soccer AND ballet, PTA volunteering, full-time job, doctor appointments, long conversations and oh add some meditation in. Ready to quit already? No wonder. It's an impossible standard. Choose the important stuff, and say a very big NO to everything else. Prioritize your peace of mind.

4. IF MY CHILD CRIES, I'M A FAILURE.

It's near impossible to not take your child crying personally. It makes you feel like a total failure - like your job is to raise a porcelain doll with no emotion. I know it's heartbreaking, but your kids have a right to express themselves without it breaking you apart. You'll learn important strategies on allowing them that space.

5. I SHOULD ALREADY KNOW HOW TO PARENT PERFECTLY.

Parenting doesn't come naturally to anyone, and perfect parenting is a myth. Not only is nothing perfect in this world, but anyone who seems to be is faking it. Those perfect moms, dressed to the tee, juggling everything in their life without a snitch or a glitch - yes, they're imposters. FYI.

Somehow, we've been expected by society to know how to perfectly parent in every moment. This same society gives minimal actual training to raise a complete human being; perhaps you took two Lamaze classes that showed you how to breathe during labor? Leadership Parenting is not about becoming perfect. We'll prepare you to see how vital all your imperfect moments truly are.

What Are A Child's Three Core Needs?

When you can recognize these, you'll know exactly what strategy to use to fill them.



CONNECTION & BELONGING

The first set of needs is *sambandha*, the core needs of connection and belonging.

When a child feels left out, sad, angry or upset about friends, their connection needs are imbalanced.

When these needs are met, a child feels deeply seen and that they matter. They are able to resolve friendship drama and find that the right friends are naturally drawn to them. They experience social empowerment.

FREE WILL AND AGENCY

The second set of needs is *abhidheya*, the core needs of free will and agency.

Because every individual is gifted with a specific purpose, they require free will and a feeling of agency in all they do. When it is unmet, they argue over simple tasks, spend hours on video games and struggle with boundaries.

Once these needs are met, they naturally balance their work and play, complete chores easily, and display academic motivation.

ACHIEVEMENT AND COMPLETION

The third set of needs is *prayojana*, the core needs of achievement and completion.

At this stage, children (and parents) level up into accomplishing goals. Unmet *prayojana* needs manifest in children giving up what they've started, and feeling aimless.

When balanced, children finish important projects, meet key milestones, accept public recognition and feel internal satisfaction.

Levels of Needs

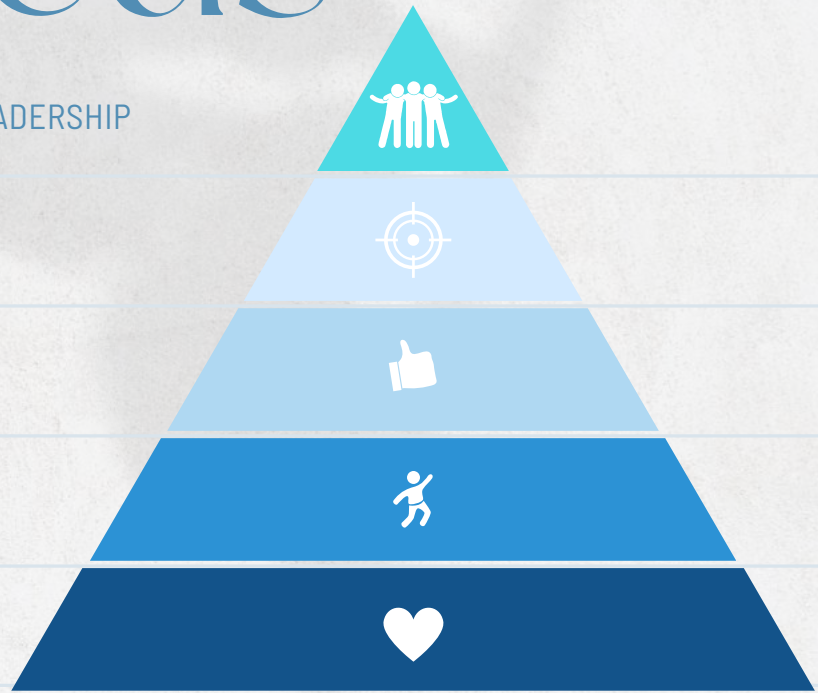
5 EMPATHY, COLLABORATION, LEADERSHIP

4 PURPOSE & ABSORPTION

3 ACHIEVEMENT & COMPLETION

2 FREE WILL & AGENCY

1 CONNECTION & BELONGING



When your child's three core needs are met, they develop their sense of purpose. They become fully absorbed in their tasks. Because they know how to fill core needs, they turn to help others and natural empathy manifests. Simple strategies guide them in collaboration and leadership service. Any child at any age can be guided through these levels.

STAND ON HER OWN

Through Leadership Parenting, my daughter is now able to solve challenges on her own and can distinguish when she needs my help and when she can stand on her own.

DR. SUMITHIRA VASU, MBBS
PROFESSOR OF CLINICAL INTERNAL
MEDICINE, OHIO STATE UNIVERSITY



CONNECTED

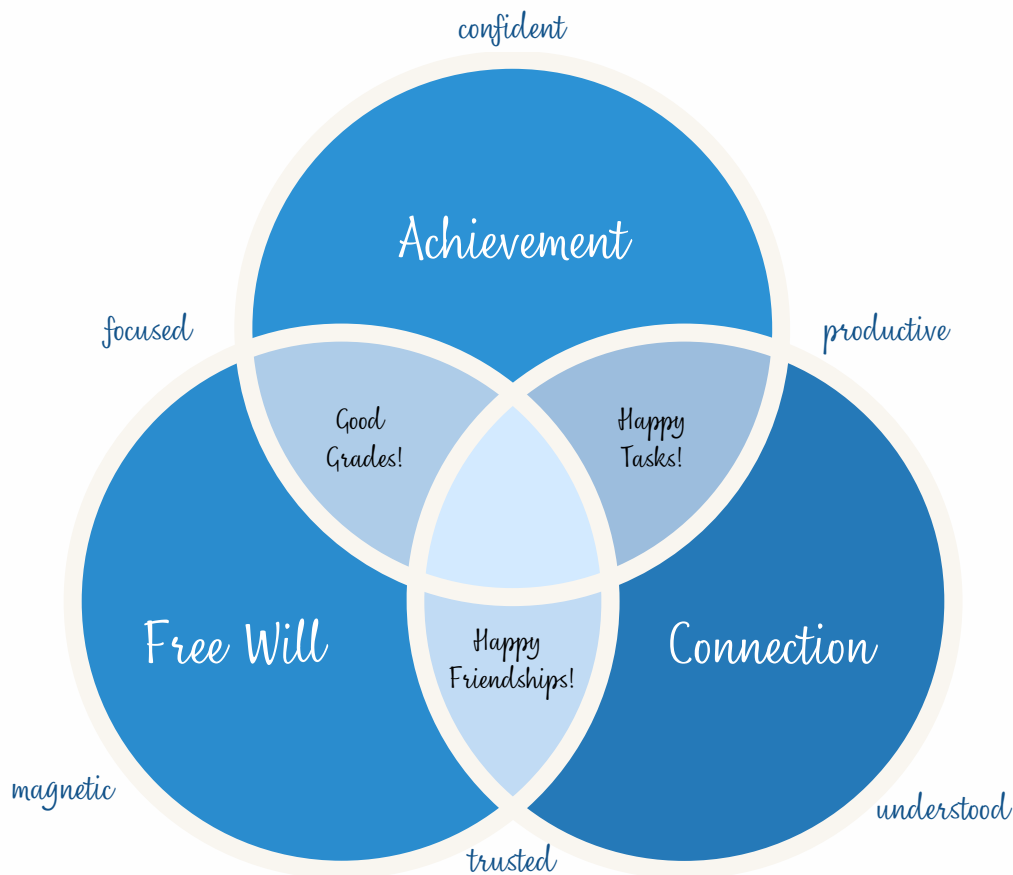
Gopi Gita has a deep understanding of what children experience, how to authentically connect with them and how to effectively support them through their many challenges and idiosyncrasies. I am very grateful for her course.

RORY STRYDOM,
CHEMISTRY PROFESSOR



Happy Friendships, Tasks & Good Grades

When your child's three core needs are met, this is what you can expect.



When a parent and child feel connected, they feel understood and trusted. This brings about happy friendships. Strategies used are the H.E.A.R. process and L.O.V.E. Boost, simple empathic communication strategies that are easy to implement with practice.

After they're connected internally, with each other and with their social environment, they can work on their free will needs.

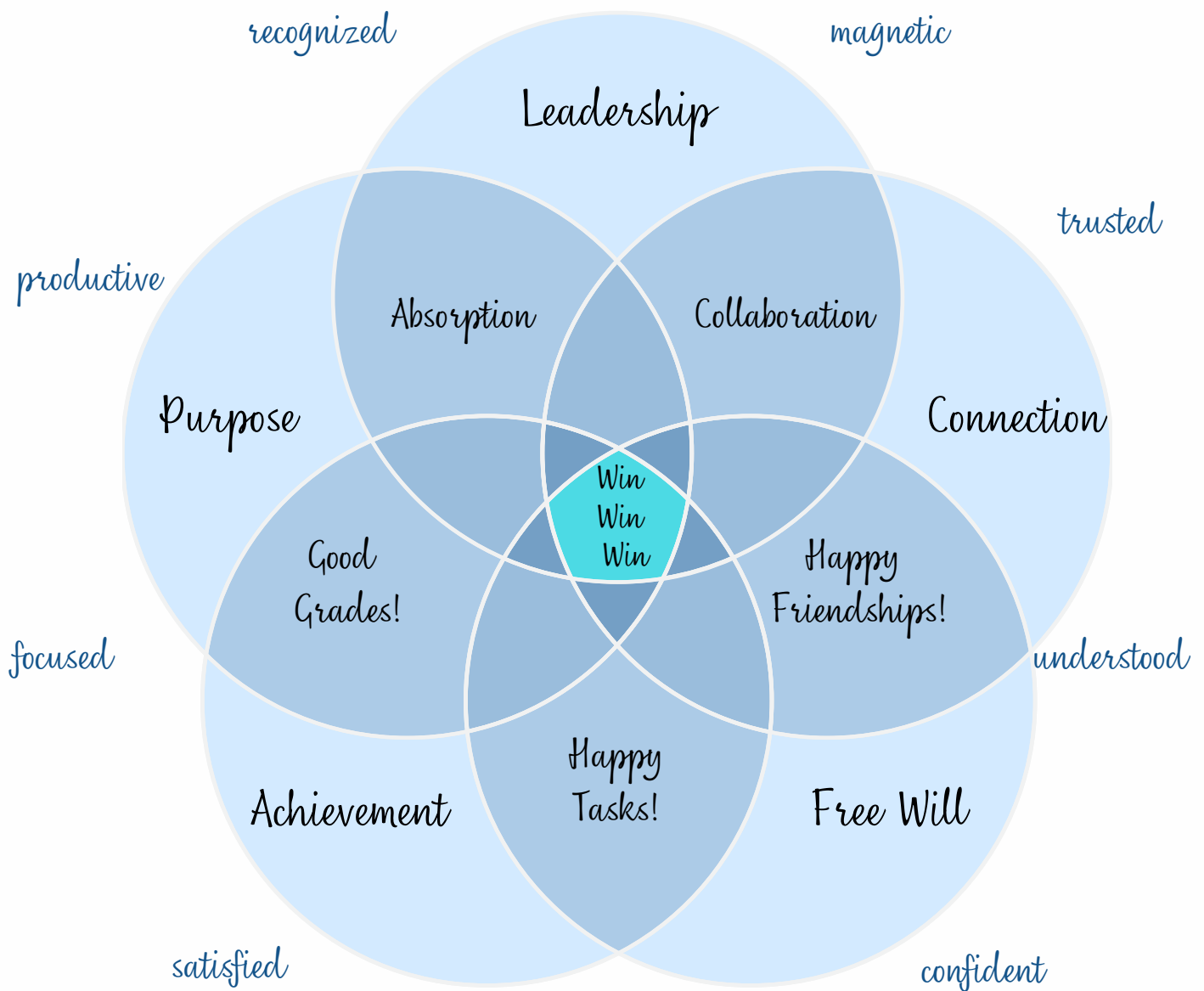
They start completing chores, enjoying their work and play. They practice the S.E.R.V.E. process and feel absorbed and focused.

Now that they're connected and absorbed, parents can guide children in setting goals, and discovering their most productive space. With A.C.C.E.P.T and R.E.S.T. strategies, they feel a sense of purpose, with all their core needs balanced. Any child and adult, at any age, can experience this.



Attaining Leadership Service

Your core needs are met. Your child's core needs are met. They can now guide anyone to meet their core needs and step into full congruence of their identities.



A Master in the Art of Living

"A master in the art of living draws no sharp distinction between his work and his play; his labor and his leisure; his mind and his body; his education and his recreation."

L.P. Jacks

Ancient bhakti texts teach that children have an important mission in this world. Fully protected and nurtured, they are here to transform our communities for the better. As you guide them to fill their needs, your needs become deeply balanced as well. Together, you lead each other into total congruence, living your moments seeped in purpose and service.

Today, Mother Gopi Gita's eldest son balances his work and play, his worship and service. He leads youth teams across America, leads community organizational development, and leads his heart in meditation.

GRATEFUL

Being a single mom with ever-increasing responsibilities of leadership, I am grateful for Gopi Gita's coaching. My two daughters are blossoming at their private schools.

ALEX - NIKKI BAILEY
CEO, TOP PICK MEDIA



VALIDATED

Gopi Gita translates decades of experience in the classroom to practical advice for busy professional parents. She makes you feel validated in your concerns. But above else, she advocates for your child and her techniques really work.

DR. DEVIKA RAO,
PEDIATRIC PULMONOLOGIST



The patron saints of love and learning, Saint Gaura and Saint Nitai, were the founders of the bhakti path. The Leadership Parenting program and strategies has been crafted from their teachings and examples.

The saints taught that the most potent form of self care is mantra meditation. Mantras are Sanskrit words shared from an eternal realm: the spiritual dimension of happy relationships, high productivity, and full satisfaction. The transcendental sound of the mantra enters deep within the heart, and frees the mind from the natural reactivity that arises when things don't go as planned.

Parents who add mantra meditation to their daily routine find quicker results and deeper, longer lasting transformations.



*om bhur bhuvah svah
om namo bhagavate
vasudevaya*

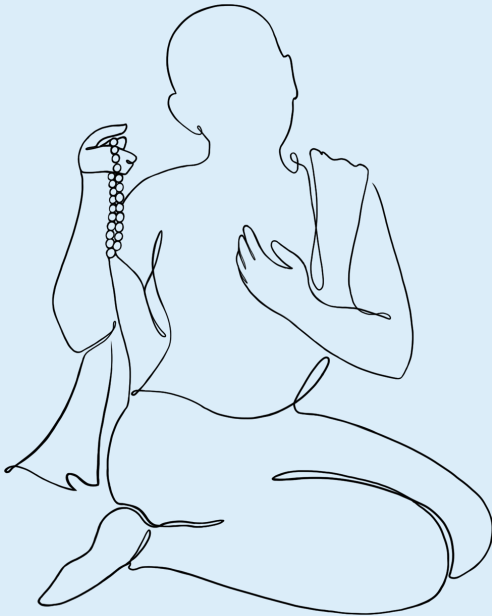
*In the past, present
and future, I have
been accepted. My
child is accepted.*

*In all of our physical
spaces, I am safe. My
child is safe.*

*I have been uniquely
chosen to guide my
child.*

*I am empowered by
my Inner Parents.*

*We are exactly where
we need to be.*



om



*hare krishna hare krishna
krishna krishna hare hare
hare rama hare rama
rama rama hare hare*

I listen. I love. I guide my child.

*I let them feel heard. I see them hear
others. I trust their leadership.*

*I am connected. They are connected.
In gratitude, I witness my child in
complete leadership service.*

Mantras heightens your awareness and connect you to your Inner Parents. As a spider intuitively knows how to spin a web, and a baby deer intuitively knows how to stand on its four wobbly feet, you become deeply guided from within.

When you recite the mantra, your intuitive awareness increases, and you become more open to solutions. You'll be able to see the underlying cause of what is wrong with your child's interactions, and you'll be able to understand which core need isn't being met, instead of superficially responding.

Frequently, during Leadership Parenting coaching, parents recognize their own broken and disconnected spaces. With the help of mantra, they have fortified their boundaries, and released childhood trauma that may arise from the deep work of coaching spaces.

Ultimately, mantra allows you to live in complete congruence with your true self, and to guide your child to do the same. By connecting to your Inner Parents, you see that you have everything you need within you.





MEET MGG

Mother Gopi Gita is a mom and teacher who understands children. She's a widely-sought after leadership coach and has worked with hundreds of parents and educators and more than a thousand children for over 25 years. Her clients find 100% success in only a few weeks. As vice-principal of a private school in Dallas, and an education minister for an international society, she knows exactly how to activate leadership qualities in children and teens. Using age-old principles from the East, she can empower you to leadership, in any setting, and with any willing adult, teen or child.

www.gopigita.com/parent

Get the book.
Join a workshop.
Sign up for an
online course.

Schedule a call at
tinyurl.com/meetmgg

