

# PARENTS IN PRIVACY

January 29, 2026  
12:00pm ET

**Iris Kapo**  
Leadership Coach

Navigating Career and Family Life



## RESOURCES

- [YEAR COMPASS – LOOK BACK AND LOOK AHEAD REFLECTION TOOL](#)
- [CRUCIAL CONVERSATIONS BLOG](#)
- [NON-VIOLENT COMMUNICATION \(NVC\) ACADEMY](#)
- [NVC FEELINGS AND NEEDS LIST](#)
- [COACTIVE COACHING](#)
- [FIND A COACTIVE COACH](#)
- [PHILIP SHEPHERD – THE EMBODIED PRESENT PROCESS](#)
- [DESIGNED ALLIANCE](#)
- [VALUES IDENTIFICATION](#)
- [SABOTEUR ASSESSMENT](#)





## RESOURCES CONTINUED

- [BUILDING RESILIENCY WORKSHEET](#)
- [RESILIENCY TOOLKIT](#)
- [POSITIVE INTELLIGENCE RESILIENCY RESOURCES](#)
- [GRATITUDE EXERCISES HANDOUT](#)
- [THE SCIENCE OF WELL-BEING: YALE UNIVERSITY](#)
- [LEADERSHIP EMBODIMENT – RECOVERING YOUR CENTER AUDIO TRACKS ; WENDY PALMER](#)
- [BYRON KATIE – THE WORK: PROCESS OF SELF-INQUIRY](#)







# THANK YOU!

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