

The Parenting Manifesto Series

A Guided Journey to Know, Care For, and Believe in Yourself

Parenting is one of life's greatest responsibilities — and one of its most rewarding challenges. Amidst the noise, the nappies, and the never-ending to-do lists, it's easy to lose sight of who you are. This in-person series, guided gently by **My Manifesto co-authors Sue Wong and Justin Robinson**, offers parents of young children and teenage children a unique and inspiring opportunity: to pause, reflect, and intentionally create a life statement that anchors them in their values, strengths, dreams, and personal wisdom.

Over six intimate and uplifting workshops, you'll craft your personal manifesto – your private declaration of intention and clarity – and reconnect with the self you want to bring to parenting, partnership, and daily life.

All participants receive a complimentary copy of the book: *My Manifesto – A compassionate guide to reveal your best life* and a beautiful set of inspiration cards to accompany their journey. By the end of Session 5, your words will be professionally designed – and in Session 6, we'll gather in celebration, sharing reflections and guidance for living your manifesto well.

Session Overviews:

Session 1: Priming the Work – Knowing Yourself as a Parent

We begin by acknowledging both the beauty and the busyness of parenthood. Through gentle conversation and reflective prompts, you'll begin the inner work of self-discovery. You'll explore what a manifesto is and why now might be the perfect time to create yours. Homework includes completing the VIA Character Strengths Survey.

Session 2: Your Strengths & Values – The Compass Within

Using your VIA results as a springboard, we dive into the first two steps of the My Manifesto journey: uncovering your Signature Strengths and naming the values you most want to model and stand for in your parenting and life.

Session 3: What Matters Most – Caring, Dreaming & Visioning

In this session, you'll articulate what you care deeply about, what fills your cup, and what you dream for — both for yourself and those you love. We'll guide you through Steps 3 and 4, helping you make space for hope and intention in everyday moments.

Session 4: Releasing & Relating – Letting Go and Reaching Out

Parenting often reveals our inner critic. In Step 5, you'll name and gently release beliefs that no longer serve you. We then explore Step 6, reflecting on the relationships that sustain you and the legacy you want to leave in the eyes of your children, partner, or community.

Session 5: Crafting & Refining – Bringing Your Manifesto to Life

This is the workshop where it all comes together. You'll draw on your reflections to shape a first draft of your personal manifesto. With support from Sue and Justin, you'll refine your words into a powerful, authentic declaration – ready to be designed and gifted back to you next week.

Session 6: Living Your Manifesto – A Celebration & a Guide

In our final gathering, we celebrate your words, your work, and the journey you've taken. You'll receive your printed manifesto and be guided through Part 3 of My Manifesto: how to live your truth daily through small steps, supportive environments, and self-compassion.