

Dr. Luz: Hi, I'm Dr. Luz. Welcome to Parenting on Purpose. This is my presentation for the Montessori Homeschool Summit, 2021. I just presented and I welcome you to click on that recording to get some more information and experience my workshop.

[00:00:30] So who am I? I'm Dr. Luz. I am the mom of two adults. My daughter Sophia is 25 and my son Ben is 23. I am also a Montessori AMS Lower Elementary Guide and I've worked in Montessori in a number of different ways over the last two decades. I have been a Lower Elementary Guide, a principal, a consultant in Montessori schools and now I am an associate professor in a teacher education department. But number one, I want you to look at this bubble here because this is who I am. I'm going to be supportive and help you on your journey.

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[00:01:30] So here's my journey. My journey to Parenting on Purpose started in 1995 with the birth of my daughter. I was 24. I barely could take care of myself. And here I was the mother of a child. And so I did what I needed to do to get some more information. I read all the classic books, What to Expect When You're Expecting What to Expect the First Year. I read Positive Discipline. And all of those books helped me to understand what she was going through, but it didn't really prepare me for what I was going through. So I started to think about what I was going to do.

[00:02:00] Flash forward to 1998, the birth of my son. And wow, if you have more than one child, you know that adding one more child doesn't make it doubly hard. It makes it exponentially hard, logarithmically hard. It's just crazy. I was starting to lose myself and I decided at that point, I needed to do something different than what my parents did. I was done just reacting to the situations in front of me. So I started working on myself and reading a lot of personal development books. I read Eckhart Tolle's The Power of Now, Eckhart Tolle's New Earth, Deepak Chopra's Seven Laws of Spiritual Success, The Four Agreements by Don Miguel Ruiz. So I wanted to work on myself because that was my way of understanding and not repeating what happened to me in my childhood.

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[00:03:00] And so all of these concepts and lessons and things are things that I used for my own personal development on my Parenting on Purpose journey. And then I started to apply them as I became a teacher, a Lower Elementary Guide, a principal, and as a teacher educator.

[00:03:30] So I want you to stay in touch. Here's my website, parentingonpurpose.life. You can also reach me at my email, drluzcj@gmail.com. I'm on Instagram @PoP, parenting on purpose, withDr.Luz. And on Facebook with Parenting on Purpose. And so now if you go to the website, parentingonpurpose.life, there are several offers that I want to talk to you a little bit about.

[00:04:00] So, services on the website. Even if you didn't go to my workshop today, you can still go to the website, parentingonpurpose.life and download the 18 minutes, six phase meditation for parents that's included in the workshop at the Montessori Homeschool Summit 2021. But I believe in meditation, it has helped me so much and it's helped me to grow into the person I am today. So I want to offer that to you for free. You also can sign up for a free 30 minute consult with me. You can ask me anything in the world

about child development, how to get on board, how to create a fully functional family. Bring your questions, sign up, and I'll talk to you that.

[00:04:30] I've also created an online course. It's called 21 Days to Empowered Parenting. You'll see some webinars that I've recorded and then group coaching. So you can sign up for a group coaching if you're sharing your parenting journey with a partner, or if you have a group of friends that maybe want to ask questions, we can get together. We can talk about development and all of the things that you have on your mind as group coaching. And then you can also sign up for a number of different packages for one on one coaching. So again, go to parentingonpurpose.life for your special offers and the other services that I provide.

[00:05:30] So, Parenting on Purpose. I believe our parenting journey can be one of continued growth for us and a beautiful childhood for our children. It's not either or, it's not working on yourself at the cost of your family, and it's not working on your family at the cost of self. Parenting on Purpose is doing both. So on our journey together, I want you to focus on your ROSE, your rate of self evolution, because we can evolve, we can grow and we can parent on purpose.

[00:06:00] And to end it all, here's a quote from my favorite person in the whole world. Mr. Rogers. Mr. Rogers says, "Parents come full bloom at the birth of their first baby. In fact, parenting is about growing. It's about our own growing, as much as it is about our children's growing and that kind of growing happens little by little." Be kind to yourself, be patient with yourself. You can do this and I can help. So go to parentingonpurpose.life and let's begin our journey together.