



Brooks Gibbs

### **Confidence from the Inside Out**

Brooks' bullying and "victim-proofing" videos have gone viral, reaching more than 250 million viewers. Don't miss his advice on helping kids deal with conflicts, aggression, bullying.



Ellen Hendriksen, PhD

### **Tools to Transform Social Anxiety**

If social anxiety plays a role in your child's life, then Dr. Hendriksen has a role to play in teaching them to manage it. Learn about anxiety's lies, being brave, and some tricks for interacting with confidence.



James Anderson

### **Helping Kids with Effort, Mistakes, and Mindset**

Even if you think you understand growth mindset, nothing can prepare you for James Anderson's deep dive into the philosophy of learning, the process of giving effort, and the biggest myths about mindset.



Hazel Harrison, ClinPsyD

### **The Science of Confident Brains**

In this interview, Dr. Harrison breaks down the science of the mind and teaches us why it's important for kids to know how their brains work, how stress can be used for good, and proven ways to build resilience.



Rosalind Wiseman

### **Creating Cultures of Dignity**

The bestselling author of *Queen Bees and Wannabes* works to change the relationships kids have with schools and with each other. She describes the importance of dignity, the difference between gossip and venting, ways to know when teasing crosses the line.



Vanessa Van Edwards

### **The Science of Succeeding with People**

Vanessa breaks down the science of people and social interactions like no other. Learn to converse with confidence, how to feel more popular, and how to use your body language to communicate and captivate.



Ty Tashiro, PhD

### **The Strength and Beauty of Awkward People**

Do you or your child feel socially awkward? Dr. Tashiro explains why awkward people are beautiful, how kids who feel awkward can fit in without losing themselves, and how to use social worry to our advantage.



Lorraine Thomas

### **Taking the Fear Out of Failure**

Lorraine, a parent coaching expert, has answers to questions about parenting habits and successful family routines, as well as thoughts on kids' stress and emotions.



Jennifer Kolari, MSW, RSW

### **Love, Fear and Confidence**

Where does confidence come from? Jennifer shares her view, then goes even further by helping kids stand up for themselves and find belonging, and by helping grown-ups parent without fear.



Bolaji Oyejide

### **The Journey of a Confident Child**

The remarkable journey of Bolaji inspires kids to find their inner superhero. He shares secrets to developing confidence, community, and heroic identities, all with intoxicating energy and passion.



Justin Coulson, PhD

### **Helping Kids Foster Authentic Confidence**

Think perfect confidence should be the goal? Dr. Coulson describes the line between confidence and arrogance, how praising your child could result in problems, and how we can help kids identify their character.



Jodie Lowinger, PsyD

### **Raising Resilient, Confident Kids**

Dr. Lowinger is an expert at coaching individuals toward greater mental strength and resilience. Learn how you and your kids can build psychological safety, and to make kids more aware of their feelings.



Alexandra Eidens

### **Leading Big Lives with Growth Mindsets**

Growth mindset is critical for kids' confidence, and nobody explains it to them better than Alexandra of Big Life Journal. Learn the concepts of mindset, along with strategies for helping kids grow.



Tamar Chansky, PhD

### **Turning the Tables on Negative Thinking**

Negative thoughts are the enemy of confidence. Dr. Chansky explains why they happen to some more than others, and how we can change our relationship with our thoughts for positive change.



Mick Walsh, BScEd

### **Well-Being Education in the Classroom**

Mick is a leader in addressing student well-being. He comes to the interview with insights on student empowerment, putting empathy back in schools, and the relationship between character and well-being.



Jessica Ortner

### **Tapping for Greater Confidence**

Jessica Ortner, expert in both in the science and experience of the Emotional Freedom Technique or “tapping” shows how this simple practice can relieve anxiety and boost well-being.



Mitch Prinstein, PhD

### **The Science of Being Popular**

Popularity is actually a science, and Dr. Prinstein is the Summit’s expert. Learn what makes kids popular, how popularity affects our communication, and how everyone can increase their likability.



Emily Esfahani Smith

### **Harnessing the Power of Meaning**

Science shows that pursuing meaning instead of happiness can lead to greater fulfillment. Learn from the meaning expert herself, as she teaches the roles of belonging, purpose, storytelling, and transcendence.



Eduardo Briceño

### **Teaching Growth Mindset in the Classroom**

Eduardo joins us to describe how our belief systems affect our learning, how we can help kids who struggle with confidence and performance, and how being learning oriented helps kids’ growth.



Maureen Healy

### **The Emotionally Healthy Child**

A leader in the field of children’s emotional health, Maureen teaches the make-up of confidence, how to talk to kids about peer pressure, and how we can use every one of our emotions for good.



Jillian Copley Darwish, EdD

### **The Science of Strengths-based Learning**

We all have strengths, even when we lack confidence. Dr. Darwish speaks about the value of finding your strengths, and how strength-based learning can play a positive role in our schools.

# Help kids build confidence & resilience with 21 expert talks!



You can own the entire summit and have transformational tools and one-of-a-kind techniques at your fingertips.

## **How can I stay calm as a parent when my kids have ANGRY OUTBURSTS?**

Learn from the world-authority on peaceful parenting (she literally wrote the book on it!), Dr. Laura Markham.

## **My tweens are their own worst critics. How do I get them to BE KIND TO THEMSELVES?**

Dr. Kristin Neff reveals how to put her three essential components of self-compassion into parenting practice, and inspire self-compassion in your child.

## **My kids can't stop fixating "what if" scenarios. How can we FIND CALM as a family?**

Dr. Elisha Goldstein integrates psychology and mindfulness to help your child overcome catastrophizing, worrying and negative thought patterns.

**The Confident Child Summit is just one of 9 summits filled with actionable parenting advice from experts.**



# What's included in Experts On-Demand?

World-renowned experts on grit, motivation, resilience, sleep, screentime, and more teach us how to be the parents and educators our kids need. You not only get instant access to all past and present summits, but you also get workshops, masterclasses, transcripts, audios, and many more bonuses. Take a peek at what's included in our Experts On-Demand membership:



## Anger Transformation Summit

- 7 expert interviews to ease anger in your home
- Practical tools to help kids and parents transform their relationship with anger
- Turn off parenting triggers and calm your child with unmatched compassion to end angry outbursts



## Better Sleep for Kids Summit

- 19 expert interviews to help families get through the night
- Practical tools to help kids form better sleep habits
- Understand how anxiety, overwhelm, screens, or poor habits prevent your kids or teens from getting a good night's sleep



## Confident Child Summit

- 21 expert interviews for turning anxiety into confidence
- Practical tools to help children learn how to increase confidence, boost self-worth, and cultivate resilience
- Help kids build confidence, believe in their abilities, and overcome fear of failing

**Experts On-Demand also includes access to all future events, so you always have more to look forward to!**

Learn more at [GoZen.com/expertsondemand/](https://GoZen.com/expertsondemand/)

# What's included in Experts On-Demand?



## Happy Child Summit

- 21 expert interviews to help your child find joy and purpose
- Practical tools to help kids live happier and healthier lives
- Help children and teens curb stress and overwhelm while boosting motivation and well-being



## Listen Up Summit

- 13 expert interviews to get kids to listen without nagging or power struggles
- Practical tools to quell parenting triggers, reduce yelling in your home, and get parenting partners on the same page
- Up communication, empathy and connection



## Motivated Child Summit

- 20 expert interviews for fighting procrastination & disinterest
- Practical tools to help kids cultivate motivation
- Teach kids to set the best possible goals, develop a sense of independence, and embrace challenges without fear



## (Re)Connected Kids Summit

- 20 expert interviews to raise empowered kids in today's digital world
- Practical tools to cultivate mindful, balanced tech use
- End screentime battles, dive deep into internet safety, and boost digital resilience

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# What's included in Experts On-Demand?



## Resilient Child Summit

- 23 expert interviews for eliminating anxiety
- Practical tools to help kids cultivate resilience
- Help kids bounce back from anxiety, tame their inner critics, inspire healthy body image and learn superpower skills like grit and mindset



## Superpowered Summit

- 14 expert interviews for helping kids find their best, most authentic selves
- Practical resilience-building tools for the whole family
- Help kids manage uncertainty, be comfortable in themselves, and overcome fear of failure



## Searchable Summit Library

- 150+ Recorded interviews (averaging 45 minutes each), full transcripts, and MP3s.
- Searchable and sortable library tagged by topic to find exactly what you're looking for
- Advice from each interview is made actionable with bonuses and printables that reinforce learning.



## Workshops & Masterclasses

- Access to all 3 of our super-popular parenting workshops on procrastination, motivation and anger transformation
- 8 parenting masterclasses on anxiety, panic, grit, and more
- Bonus worksheets that expand upon lessons & tools to help you start making changes for your kids

Experts On-Demand also includes access to all future events, so you always have more to look forward to!

Learn more at [GoZen.com/expertsondemand/](https://GoZen.com/expertsondemand/)