

# 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

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