

# MEET YOUR TRAINER



**BRENDA MCGOWAN, FLE, MPA**

Brenda McGowan is an international trainer and a nationally recognized Nurturing Parenting® Program Trainer/Consultant. She has been working across cultures for over twenty years to train several thousand mental health professionals, pre-kindergarten educators, child welfare workers, residential treatment program staff, and organizational leaders to build a worldwide nurturing culture. Brenda began her NPP Facilitator Training in 2001 and attained national recognition as an NPP trainer/consultant in 2012.

Brenda obtained her undergraduate degree in Family Life Education from Spring Arbor University and her graduate degree in Public Administration from Walden University. With her many years of experience in this field, she has established herself as an advocate for improving well-being and promoting equity in the education system by working collaboratively with superintendents, Intermediate school districts, and early childhood educators.

In 2013 Brenda accepted the call to action to build collaborative and nurturing communities with a continuum of care providers to eradicate the cradle-to-prison pipeline through evidence-based, trauma-informed, and family-centered parenting education that reduces child abuse and neglect. This passion led her to train staff and volunteers to establish Nurturing Parenting® Programs in prisons and residential treatment facilities. In 2018 she became vice-president of domestic and international programs providing oversight and building the capacity of leaders and over 5000 mentors worldwide to implement nurturing and sustainable restorative justice programs.

Brenda has since become certified to facilitate Cultural Intelligence (CQ) workshops. She collaborates with individuals and organizational leaders to their capacity to function across both domestic and international cultures to increase family cohesion, engagement, and nurturing parenting® skills.

In her free time, she enjoys spending time at home in Georgia, where she nurtures her many plants and a 31-year marriage to Robert, four adult children, and five grandchildren.

# TRAINING INFORMATION



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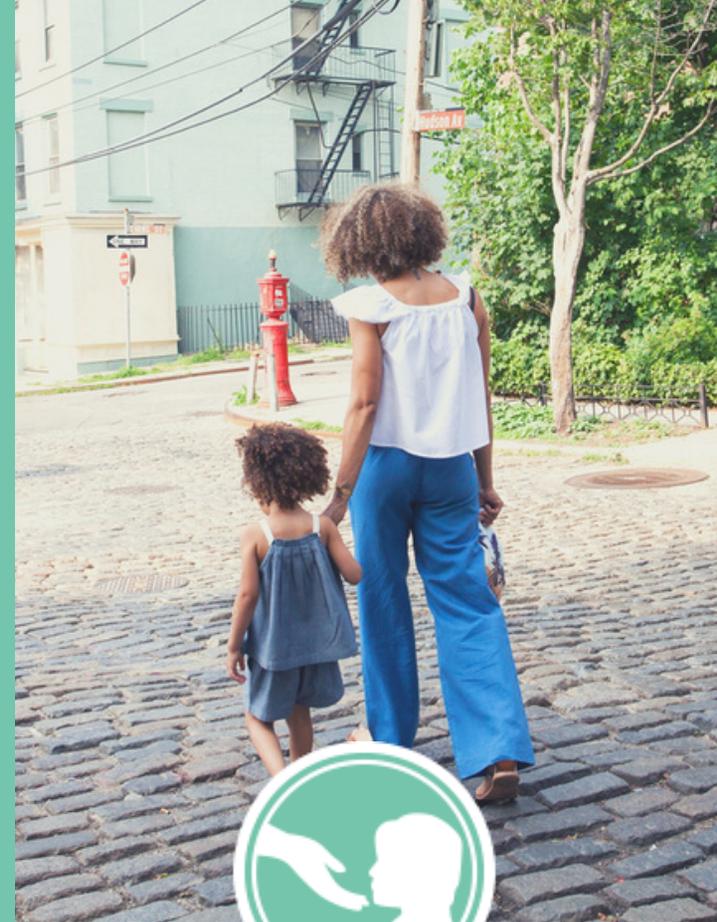


TO VIEW ALL UPCOMING  
TRAINING DATES  
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**COST OF TRAINING:**  
\$500.00 WITH THE REQUIRED  
PROGRAM MATERIALS

*Participants receive a Certificate upon completion of at least 18 hours of Facilitator Training in the Nurturing Parenting® Programs*



# NURTURING PARENTING® PROGRAMS

**THREE-DAY FACILITATOR  
TRAINING WITH:**

**BRENDA MCGOWAN,  
INTERNATIONAL TRAINER &  
NATIONALLY RECOGNIZED  
NURTURING PARENTING® PROGRAM  
TRAINER/CONSULTANT**



## PARTICIPANT REVIEWS

Brenda did a phenomenal job - she was engaging, relatable, encouraging, and took the time to make sure those who wished to share had an opportunity to do so. Facilitators/Trainers often "make or break" the atmosphere during training, and Brenda certainly excelled in this role!

~USA

*I found the training useful not only to apply it in the work area but also in the personal area*  
~Guatemala

I give much credit to the facilitator and request her to continue reaching many organizations that are directly or indirectly working with children so that she may impact that same knowledge to them.

~Kenya

## TRAINING DESCRIPTION

A hands-on approach to nurturing parenting® programs, including facilitation of weekly sessions, how-to-use program materials, videos, assessment tools, children's and parents' program activities, and icebreakers. There are personal growth lessons about self-esteem for adults and children, activities for personal power; methods of teaching empathy; substitute measures for corporal punishment; building a child's self-concept; building a child's self-esteem, and teaching parenting skills which are all done through interactive workshops.

The Nurturing Parenting® Program and the philosophy of the program have been successfully utilized by:

**Home-Based Service Providers**

**Youth Residential Centers**

**Domestic Violence Centers**

**School Districts**

**Mental Health Treatment Centers**

**Therapist and Counselors**

**Drug and Alcohol Treatment Centers**

**Child Protective Services and Foster Parents**

**Juvenile Detention and Probation**

**Correctional Facilities**

**Faith-Based Organizations**

*The Nurturing Parenting® Programs meet and exceed the Six Protective Factors identified by the U.S. Government for the prevention and treatment of Child Abuse and Neglect.*



## PARTICIPANTS WILL LEARN:

- Philosophy of Nurturing Parenting® Program Five parenting constructs of abuse/neglect
- Impact of maltreatment on brain development
- How to assess high-risk parenting beliefs
- How to tailor programs based on family's needs
- How to gather process evaluation data
- How to evaluate pre and post-program impact
- How to implement home and group-based models
- Facilitation skills to improve parent engagement and retention