



# Nola Peacock

## Biography

**Family Relationship Expert, Nola Peacock**, guides, supports and empowers parents to ease the challenges of parenting. Whether parents seek to build stronger connections, reduce the conflict or just want to make everyday life easier and more fun, they learn to welcome these results by acting on Nola's road-tested and proven advice.

Best of all, parents learn to take care of themselves, feel more confident in their parenting, and help their children reach their full potential, all while creating happy, fun and precious memories together.

**As a pediatric nurse, Nola sat with children as they took their last breath.** This impressed upon her the importance of enjoying every day with your kids and making special memories all the time. Nola has worked with many young people who have struggled with depression. When her own son struggled with depression and became suicidal, it became very clear that as a parent, we cannot give our children self-confidence, resilience or happiness. Parents need to guide their children to develop these qualities for themselves.

**That is why Nola created the Confident Happy Kids and Confident Happy Parents Programs.** Nola is on a mission to empower and inspire families to create strong, harmonious and loving relationships as well as create wonderful, fun and special memories together. Through Confident Happy Kids Programs children and teens are shown techniques to help them develop confidence, resilience and feel passionate and excited about life's possibilities. **Through Confident Happy Parents Programs**, parents learn techniques and strategies to support their children or teens to become confident, resilient and successful young adults, as well as to reduce conflict, increase cooperation and just have more fun as a family.

**A program for teachers and coaches is also in the works.**

Imagine having respectful, open talks with your child/teen, no longer having to yell, or nag to get them to help, and being able to trust them to make wise decisions. Parenting doesn't have to be a struggle. **Connect with Nola to learn how you can make parenting easier, more fun and fulfilling.**