



THE DIAMOND APPROACH®



Essential Life Support for Parents

Working with the essential aspects and their potential
to support our parenting journey – a six-part online program for
parents on the path

It has been said 'Parenthood is preparation for Sainthood'

Being a Diamond Approach student while raising children is a very special challenge. Through the inner work our own ego structures become more transparent and permeable to being. At the same time we have the job of supporting a child to grow a stable, healthy personality. What a stretch; and what a blessing!

In this course we want to offer a safe place where parents can be with whatever their situation brings up for them in a non-judgemental atmosphere.



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Drawing on the qualities of our Being, we will explore the dynamics, edges and obstacles that arise in the relationship with our kids. We will inquire into how we can support ourselves to bring more presence into situations of potential overwhelm. We will also sense into balancing our own process and our role as parents.

And we will discover how essential **Strength, Compassion, Joy, Peace and Will** can be our allies, and support us in a very practical way, in our functioning as parents.

In each meeting we will teach our practices of mediation, sensing and inquiry and open to learning some new ways each essential aspect can help us as parents and also students on this path.

TEACHERS:

Catherine Melvin (Ireland)
Diamond Approach®-Teacher

Franka Nagel (Germany)
Diamond Approach®- Teacher

DATES:

Six evenings or mornings (depending on the time zone) on zoom.

Tuesdays, 19:00 – 21:00 CET, 8pm – 10pm UK, 10am – 12am PT

March 3rd, March 17th, March 31st, April 14th, April 28th, May 12th 2026

FEES:

120 euros (concessions available if there is a need)

REGISTRATION:

For registration please write to catherine.melvin@diamondapproach.org

If you have further questions, please contact us at any time.