

## Colorado Family Church: Investing In Families and Parenting With Family Coach Myrna Lapres

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*Myrna Lapres presenting at the Colorado Family Church*

Kicking off the year of 2023 on a high note, our community was blessed to welcome Family Coach and Educator Myrna Lapres to spend two days with us sharing about family and relationships. The strongest pillar of any community is the integrity of its families, and we know that they need all the support they can get.

Myrna Lapres has been a teacher and educator for over 25 years, but her passion is working with individuals, parents and families to strengthen their connection and find better ways of relating and communicating. As Certified Family and Relationship Coach, Educator and Presenter, she says "I give individuals, parents and families tools and support to discover the love and abilities that lie within. I believe that being a parent and a grandparent allows us to re-parent ourselves as we grow in our ability to give and receive genuine, unconditional love." She self-published a book on Amazon at the end of 2021 entitled "[7 Gifts to Give Your Child: Parenting That Will Touch Their Future.](#)"

As a Women's Federation for World Peace member, Myrna is working together with other coaches to offer education and tools through a monthly zoom webinar entitled, "Self-Care Isn't Selfish: Heal Yourself, Heal Your Family, Heal the World." She is also a WFWP Global Friend which consists of organizations, companies and movements that contribute to the goals of the Global Women's Peace Network by using their outlet to foster lasting peace and prosperity for generations to come.

A trained Safe Conversations facilitator and a certified Relationship and Family Coach, she leads in person and zoom workshops that support individuals, couples, families, businesses, and organizations to learn how to talk without criticism, listen without judgment, and connect beyond differences. Based on current research, Ms. Lapres is passionate about teaching Safe Conversations and Real Love relationship skills that promote connection, understanding, respect and joy. She and her husband have three sons, three daughters-in-law and one grandchild with another one on the way.

On January 21-22, Myrna spoke to a crowded room on important topics such as:

Strengthen your family culture, fostering connection, love and belonging

Structure family meetings that build inclusion, practice problem-solving, support family fun, and share your values and your faith

Be the best parent and grandparent you can be

Parenting and re-parenting ourselves while learning to unconditionally love our children/grandchildren

Support the growth of resilience (GRIT) and wisdom in your child and discover ways to nurture these skills

The presentations were well received and we had a packed cafe full of parents and grandparents eager for a fresh perspective and new tools on their parenting/grandparenting journey.

Many parents expressed their appreciation for the content that Myrna shared. She brought up many topics and suggestions that some parents had never thought of before and many families left the presentations with a desire to immediately begin implementing things such as family meetings and device contracts.

All in all, there were many benefits that came out of the short time we could spend together. Myrna even devoted one session to parents who have adult children.

We are so grateful that Myrna has followed her personal calling and is willing to put herself out there to share what she has learned in the area of parenting and grandparenting. We look forward to having her back again someday.

If you are interested in having Coach Myrna come to your community, she can be reached at [coachmyrnalapres@ gmail.com](mailto:coachmyrnalapres@gmail.com)