

A Deeper Connection Podcast - Empowers Healing, Strengthening, and Enriching the Parent-Child Relationship

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A Deeper Connection

At the beginning of this year, Crescentia DeGoede and I launched a podcast entitled "A Deeper Connection--A Podcast that Empowers Healing, Strengthening, and Enriching the Parent-Child Relationship." As relationship and family coaches, we wanted to find a way to support parents and adult children, and we were able to do this in collaboration with the Blessing & Family Ministry of Family Fed USA. If you haven't heard about this podcast, you can listen to our first episode where we introduce our journey of turning our vision into a reality here:

bfm.familyfed.org/a-deeper-connection-podcast/ep-1

We have had the pleasure of interviewing both parents and adult children on various topics: how healing oneself impacts relationships with others, the importance of working on intergenerational trauma, the role forgiveness plays, and being intentional in challenging the fear of being a bad parent. The sixth episode is now available--an interview with Andrew Love on his journey to become a parent.

Starting from a declaration in his early twenties that he was never going to have kids because it is bad for the environment, through becoming open to the idea of

having kids but dealing with a deep-seated fear that he would be a bad parent to a place where he is deeply in love with being a parent to his three boys. Andrew also shared about how his faith forms and sustains his family and has led to healing of the relationships with his parents.

I invite you to listen to all the episodes at the link below. Hopefully, it will inspire and encourage you to take the next step in deepening the connection in one or more of your relationships.

bfm.familyfed.org/a-deeper-connection-podcast

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations www.coachmyrna.org/create-connection.html

