

The 4 Steps To Peace



**PARENTING WITH YOUR VALUES &
THE ART OF COMMUNICATION**

Lindi Potgieter

THE COACH-APPROACH™



FUTURE

GENERATIONS

School of Life Intelligence

Love to Learn, Learn to Love

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This booklet is dedicated to every parent and mentor who has already been touched by Future Generations' work. Your gratitude and feedback, the impact you make on your children, is the reason why I do this work.

Children are our greatest teachers who give us an opportunity to get to know ourselves better, understand life better, and continue to grow and return to authenticity.

At the same time, our children are like seeds. The better the soil in which we sow those seeds, the healthier and stronger the little plant will grow and the better the fruit it will bear one day.

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I WAS STUNNED!

Dalene was online for an hour. She switched off her computer and walked to the living room to see what her two little children were up to. As she walked in, she saw trouble!

Her young son was playing with a water-filled spray bottle filled, spraying the beautiful wooden bench in the lounge! She felt the anger welling up inside her and was ready to lash out!

She knows the story of getting upset, giving free rein to her emotions in a loud voice and making her child understand perfectly well that he is doing wrong! Only to realise later, with a great sense of guilt, that it wasn't that bad, that it wasn't right to come down on her child so hard, and that she doesn't want to react out of emotion.

She felt she was going to lose it though, snatch the bottle from his hand, and make him understand what damage he was causing, when she realised that she had just learned the 4 Steps to Peace!

Dalene had just attended the online COACH-APPROACH™ Masterclass. Right there, she decided to try out the 4 steps, even before she was going to say or do anything at all.

In that moment, she stopped and decided to act constructively. She took a few deep breaths and said in a calm voice, "I see you're spraying water on the couch...". She zipped her mouth and looked at him with genuine curiosity. How would he react with only these few words?

He turned and looked at her. She could see how his little brain was working, thinking about his actions. She saw the innocence in his eyes.

He replied, little brain still thinking "I probably shouldn't have done that."

Dalene was stunned by her little boy's insight and her heart softened immediately. She explained the reason why it wasn't a good idea. He learned about wood, wooden furniture, water damage and many other things. She conveyed one of their family's values: respect for everything and everyone.

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Now he was cheerful. Not only did his mom not lash out, but she understood and taught him what he didn't know before. With this new understanding he ran to fetch a cloth and dried the couch.

He had the time and opportunity to think about his actions, learn new knowledge, and most importantly, found his own solution without needing any prompting! He was one happy chappy!

Dalene could hardly believe how quickly she was able regulate her own emotions, how constructive it was to guide and teach her son without harsh words or needing to create disharmony! She realised that this was a simple way to keep peace in the house, while also allowing her beautiful children to learn valuable lessons based on their family values. She breathed a sigh of relief!

Thank you, Dalene, for sharing your wonderful experience right after Coach-APPROACH™ Masterclass!

"I really enjoyed the course. I learned so much, not only about my children, but also how to deal with other people around me and myself as well.

After the course, communication (which we struggled with before) is one of our values and everyone can now express their feelings in words. We can talk about it and understand each other's hearts. Even though everyone doesn't always agree there is room for discussion, changing perceptions etc. This is the key to our family's joy.

Thank you Lindi, and all the other parents who shared wisdom and knowledge. I'm still learning every day! - Sanphia du Preez

Future Generations.

For over 20 years I've been a life coach. Changing how we raise our future generations, developing Emotional Intelligence, and supporting and guiding parents just like you to wholeness, wisdom, and Love, is my great passion.

Our family chose the homeschooling route and as a veteran homeschooling mom, I enjoy supporting all parents and mentors with helpful information, tools, and techniques to become their own ideal parents. It brings me so much joy to witness families grow, sometimes radically turning around relationships, families being happier and more fulfilled, whilst deepening bonds.

During lockdown I realised that if we wanted to create a better world, we needed to take a good, hard look at how we raise our children. Future Generations was founded for this reason.

Future Generations parents grow just as much as their children, for we can only teach our children what we've learned ourselves. Our parents are raising Emotional Intelligence of the whole family, whilst preparing children for an uncertain, and unknown future through laying a solid foundation!

The results speak for themselves!

"Thank you Lindi for a fantastic course with lots of practical and easy to apply information that can support and empower every parent with their own values and communication to get the best behaviour out of their child. I recommend this to any parent who is experiencing challenges in their parenting style. - Liezel Jansen van Rensburg

YOU'RE HERE!

Hello beautiful parent. Welcome to Future Generations!

Thank you for investing time into honing your parenting skills!

It shows that you care and want to make a difference in your children's education, that you're looking to expand and grow, and need solutions to issues you might be experiencing.

Parenting is certainly not always easy. If you get stuck, and challenges sometimes become overwhelming, just realise that this is normal! You are not alone, and there is help and support!

These 4 Steps to Peace are just one tool that can already make a big difference in creating a constructive outcome consistently. Use it and enjoy your parenting more.

Relax, you've got this!

It's never too late to be a good parent!

The problem isn't that we only get worried when things start to get rough. Rather, the problem is that we act unconsciously and thus respond automatically according to our own programming. The problem is often that we don't make a firm decision to approach things differently.

In these transitioning times, life can be especially challenging. Learning to deal with them appropriately can hugely help reduce your stress levels. This in turn naturally creates more harmony in the home.

We want to create a new mindset, and that takes a bit of practise. The moment we become more aware of how we think, feel, communicate, and act, it is possible to take our parenting to a new level, with consistency.

Dalene changed a situation around in an instant, simply by getting out of her own predictive behaviour and using these 4 Steps to Peace instead! This is common in our community of parents. Children begin to blossom, and parents find more joy in their parenting.

So no, it's never too late. It IS possible to create peace and harmony in your home, to enjoy your children and life much more, to chill and ride the stormy waters. We were made for these times!

The mere fact that you are reading this booklet is testimony to that! So, thank you for being here. It takes a person like you to help create a beautiful future!

Let's do this!

"Lindi, first of all I want to thank you for sharing your wisdom and time with us. It's priceless. What I learned in the Coach-Approach course over the past 7 weeks has certainly opened up a different world to me with myself, my husband, and children. Thank you so much for the value you have added to our lives, and I look forward to the next course. May God bless you and may it affect many more parents' lives." Melissa Pieterse

THE 4 STEPS TO PEACE.

This is a formula to apply in any difficult situation to achieve a constructive outcome. You remain calm and peaceful, while your child learns a valuable life lesson.

With these 4 Steps to Peace, you feel more at ease about parenting. You handle situations with more confidence, while your children get a more consistent and constructive education.

Use these 4 steps in any challenging situation, when you don't know what to do, feel unsure of how to respond, and especially when your buttons are being pushed and emotions want to take charge.

It is also a good introduction to The COACH-APPROACH™ skills – coaching skills. You work with yourself first, before you engage with your children.

To learn more, join our Future Generations Tribe, a community where we talk weekly about what matters most, where you get help, support and guidance from me and parents just like you.

[Join us here!](#)

Now let's look at The 4 Steps to Peace!

Follow it step by step in any difficult situation with your child.

Step1:

First, stop for a moment. Take a few deep breaths to calm yourself if you are caught up in emotion.

Become aware of the situation and decide to act constructively.

This first, very important step moves you from unconscious, automatic reaction, to deliberate "conscious" response! It gives you a few split seconds to make a conscious choice that will result in a positive outcome.

The breathing calms the body, literally a biohack, allowing you back into homeostasis and rational choices!

Step 2:

Say what you see.

Why do we do this?

This gives you another short moment to calm down and decide what the best course of action will be. It helps YOU!

It also helps your child, because you are speaking from a neutral place, a crucial coaching skill. There's no condemnation in your statement and that already is constructive.

It also gives your child a moment to become aware of what he or she is doing, and whether it is desired or not. Your child learns to think and take responsibility for actions, and sometimes even self-corrects!

It might sound like this: "My child, I see you are feeling angry right now." "I see you feel very unhappy." "I hear you're being rude to your little brother." "I see you're busy with something other than your chore." "You seem to be feeling discouraged now." "I see your toys are littered all over the floor."

When your emotions are running high you can share that you are going to calm down first before addressing the issue. Be honest about how you feel so that your child also learns what it means to be an authentic human.

Do whatever it takes for YOU to get out of your own emotional reaction first.

When there is danger, or with an emergency, like when two children are fighting, you will address it immediately, of course – we will look at an example later.

Step 3:

Decide what **value, principle or life lesson** you want to convey in this situation.

What value can you bring into this situation? Caring, respect, perseverance, good communication, love?

What is the important lesson your child needs to learn from this?

Step 4:

Find a realistic and practical **way to express it** and follow through with it.

Stay out of emotion, coming from a place of love.

It might sound like this: "My child, we have respect for each other, or each other's stuff, or we calmly share what we need... How you've behaved now is not how we do things."

Example:

You come across a conflict situation where two angry boys are pushing each other around. You could unleash your own irritation, turning a precious opportunity into a war. You could go into the detail of the story and try to figure out who started it, who said or did what, but it's not going to help you or the situation.

You're going to hear two versions and as they share, they might continue arguing with each other, blame each other and end up getting more upset.

What do you do in such a case?

Follow the **4 Steps to Peace**.

Stop for a moment, even before you do or say anything. In that moment, you decide to act constructively.

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If it's serious, of course you're going to intervene immediately. You say what you see: "I see you are fighting", or in a serious fight, "stop fighting immediately!"

Decide which life lesson is best suited for this situation, the value that needs to be conveyed here. It might be something like, we have respect for each other, we talk about our differences, we don't ever hit each other, or any value that's important to you that's appropriate.

Share your value firmly, coming from a neutral place. You don't get drawn into the politics of the matter and focus only on the life lesson to be learned from this, the value that needs to be instilled.

If the children need to cool down first, you may be send them in different directions, with the message that everyone can calm down on their own before the matter will be addressed.

Give them the time and space in such a case. Remember, just as we, when our children are caught up in emotion, they are in fight or flight response. You're not going to achieve anything constructive until everyone has calmed down again.

That's when you can sit them down and discuss the situation according to your values.

The important life lesson is clearly stated – we don't act in this manner, no matter what.

When the time is right, it's helpful to have a conversation about what they can do, or what you expect from them when they find themselves in a conflict situation.

Use your intuition and wisdom in each specific situation to determine what the best course of action should be.

Children remember lessons much better through stories. Share your own experiences or tell a story where the life lesson is beautifully illustrated. Discuss the reasons why such behaviours are not acceptable.

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The more children understand why certain actions are undesirable, what the impact on themselves and others could be, the easier they can buy in, and the easier for them to learn healthy habits.

Another example:

You see your little one mishandling a book.

Rather than saying, "Don't work so roughly with the book, you're tearing the pages!"

Follow the **4 Steps to Peace**.

Stop, decide that you are going to act constructively.

Say what you see: "my child, the way you are working with the book is damaging it. I see the pages are tearing."

Share the value or lesson of this situation, e. "Here's how we work with books...", and you explain or show how, and especially why.

This way, a child can learn without feeling they're not good enough. It's simply another life lesson.

These examples give you an idea of how easy it is to respond constructively, whilst teaching your children valuable life lessons.

When you consistently address situations according to your family's values, it is transferred to your children. They understand the reasons behind values, actions, and behaviours, and sooner than later they will reflect the same behaviours.

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Use these 4 Steps to Peace often. The more you apply it the more it becomes your new automatic response without even thinking about it.

This technique helps you to stay calm when your buttons are being pushed. It assists you to focus on the important lesson and your values, whilst being a positive experience for everyone involved.

You'll be pleasantly surprised how your children respond more positively, gain more confidence, understand your family's values, and learn precious lessons.

Simply put, these 4 Steps to Peace make a huge difference!

Although parenting is a big responsibility, it can also be most fulfilling. There is, in my opinion, not a more important and more noble job than raising children. Let's ensure we raise them with a strong foundation.

When we are open to learning more and finding new, constructive ways, parenting becomes easier and more joyful.

"I came across my old Future Generations notes and as I worked through them, I just realised what a massive impact it had on my way of thinking. It makes a wonderful difference in people's lives and when you look back, you realise, wow, look what I managed to implement, see how differently I think about things, see how differently I look at things. So, I want to encourage you by saying that you make a difference in people's lives, it bears fruit in people's lives and that's great! Thank you." Elsmari Nel

Summary:

- Work with yourself before responding.
- Use the 4 Steps to Peace for a positive outcome:
- Stop. Be neutral. Choose to respond constructively.
- Say what you see!
- Choose the value or life lesson that you want to convey.
- Find a practical way to express this. Explain the WHY of the lesson.

THE COACH APPROACH™.

This training aligns your parenting with YOUR values. Through The ART OF COMMUNICATION, you learn to transfer your values in the most constructive way. You learn what a life coach uses every day with clients to obtain amazing results!

Before The COACH-APPROACH™ COURSE, you may be:

- Overwhelmed with parenting.
- Feel lost and without clear direction.
- You're not where you want to be with your parenting.
- Not clear on how to deal with difficult situations.

After THE COACH-APPROACH™ COURSE:

- You have clarity and direction on exactly how you want to parent.
- Feel confident about your parenting with YOUR values and fantastic communication skills.
- You have a strong foundation to be the parent you want to be.
- You've taken control, make a wonderful impact, create strong bonds and relationships with your children.
- You have more harmony in the home, and more joyful parenting.
- You now know how to handle any difficult situation to bring about the best outcome.
- Emotional Intelligence Increases in the whole family!

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This is constructive parenting at its best!
But don't believe me, come experience this for yourself!

Our course starts with The COACH-APPROACH™ Masterclass, followed by 7 classes, where I show you step by step how to deal with any situation in a fantastic way.

The COACH-APPROACH™ Masterclass:

- How do you know when you're a good parent? Learn to gauge your parenting realistically, without stress and worry.
- Determine and define your own values, which become the compass of YOUR parenting! This is HUGE!
- The 4 Steps to Peace are discussed in depth.

The COACH-APPROACH™ Course – 7 classes:

- The **7 Basic Emotional Needs of children**. When these 7 Basic Emotional Needs of Children are in place, your children have a fantastic foundation to thrive in life, regardless of which path or career they choose.
- **Loads of crucial tips** to assist you with raising well-adjusted children.

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- Learn **21 Coaching skills**, specifically for parenting and working with children. These 21 coaching skills also tie in with their 7 Basic Emotional Needs. All are based on the latest research.
- These coaching skills help you to coach yourself first, so you may become your best, handle any challenge with confidence and grace, whilst developing your children's Emotional Intelligence, critical thinking and more.

This training does not qualify you as a life coach, but it does qualify you a fundi parent and mentor!

“What an incredible journey it has been, to grow, develop and master the Coach-Approach course, ongoing progress, naturally. Lindi certainly has a calling on our generations, the parents, and the heart for our future generations. our children... I also bridged some of my personal obstacles in the course. May God's blessing be on Lindi's calling to reach many more families! Amen

Lindi, thank you for being willing to instil in us your wisdom and insight that God has given you. I know for the first time in my 38 years of existence, truly what the word 'values' means and how to convey it correctly to my children.” - Chrisie Conradie

[Learn more about The COACH-APPROACH™ here!](#)

Summary:

- The COACH-APPROACH™ helps you to determine, define, and use your own values as foundation in your parenting.
- You understand how to measure your parenting realistically.
- You learn The 4 Steps to Peace in more detail.
- You learn The Art of Communication through 21 Coaching skills, the 7 Basic Emotional Needs of Children, and loads of tips, tools, and examples with your parenting.
- You get the best out of yourself, your children, and all relationships improve!
- Your family's Emotional Intelligence is raised through constructive parenting and guidance, especially through the Art of Communication.

“Lindi, we are eternally grateful to you for the path you have taken with us as a family, and for all the advice and wisdom you have shared with us. We addressed so many important points. You uncovered and explained it to us with insight so that we could get to the answers ourselves and make it part of our value system/wheel. We will certainly apply and use it in the life path that lies ahead for us as a family. Thanks again. We appreciate you!” - The Lindeque's.

YOUR TURN!

I'd love to hear your story!

Share how these 4 Steps to Peace have made in impact, how it's helped you, how you changed around a situation or even the way you deal with your children now.

Follow the link below, send a short video, or email me at hello@futuregenerations.today, or contact me via FutureGenerations.Today

I'm inviting you to join The Future Generations Tribe, where we meet online 4 times a month. This community of awesome parents continue to learn, expand, hone their skills, and find support.

We discuss relevant topics, and touch on our own growth as much as our children's development!

I'd love for you to invest in The COACH-APPROACH™ Masterclass and Course!

There's so much that can make your life and parenting easier – with great outcomes for the entire family.

We only have one chance to raise our children with a solid, stable foundation – allow me to show you how. Way to soon, meaning before WE are ready, do our children spread their wings and fly out the nest.

The COACH-APPROACH™ is a game-changer. Don't miss it.

I'm looking forward to being on a journey with you, for something that could mean everything!

Be in touch!

[Reach out here.](#)

Much Love

Lindi