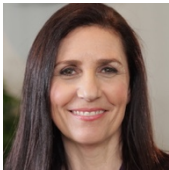




RHONA BERENS, PhD, PCC



Rhona is an Individual & Relationship Coach, trainer and speaker who helps expecting couples and parents stay sane and stay together. She also supports professionals that assist families (especially birth workers and teachers), so they can better care for clients and for themselves.

With more than 20 years of experience as an educator, facilitator and speaker, Rhona has delivered talks and workshops to parents and professionals in Canada and the US. She is passionate about giving parents easy tools to support familial wellbeing, co-parenting effectiveness, relationship joy, and children's developmental health.

Rhona is a fun and compassionate coach who works with individuals, couples and groups internationally by phone and online video, and in person in Northern California. Some of Rhona's relationship insights can be found on: *HuffPost Parents*, *Everyday Family*, *Parent Map*, *The Next Family*, *International Maternity & Parenting Institute*, *Your Tango* and *Parent Alliance*.

Rhona is an Educator for the Gottman Institute's *Bringing Baby Home* program and a Leader for *The Seven Principles for Making Marriage Work*. She's a Trainer for The Toolbox Project™—a TK-6 Social Emotional Learning (SEL) curriculum—a Certified *Positive Discipline* Parent Educator, and a Certified Trainer for SANITY SCHOOL® Live, a Parent Management Training system designed for parents of complex kids. Rhona is credentialed as a Professional Certified Coach by the *International Coach Federation*, and graduated from *The Center for Right Relationship*, which offers the same tools for connection, positive communication and productive conflict to colleagues as to couples. She is a Certified Professional Co-Active® Coach through *The Coaches Training Institute*, and holds degrees in Communications & Media from *UCLA & McGill University*.

"Rhona never fails to bring her energy, enthusiasm and practical insights.... Her talk was incredibly productive...and the take-away was apparent, so to speak." – Desiree Lapin, The Parents Education League of Los Angeles, CA, USA

"Rhona engages the audience and gives real life examples and suggestions. Her strategies are applicable to work and life. Very informative, relevant and useful." – Public Health Nurse, Toronto, ON, Canada

"Our new baby is now 10 months old. The prep work we did with Rhona was essential.... We had no idea what little tornado was about to hit!" – Patricia & Brian, Los Angeles, CA, USA

"Rhona provided parents with amazing tools to foster relationships not only with our partners but with our kids. Being a parent of three, I know how hard it is to take the time to communicate with my husband effectively but after the workshop I used the tools she suggested and noticed a huge difference right away. Rhona's presentation was fun, interactive and parents came back the next day saying that they have already started implementing the practices learned." – Renae Plant, Director, Camelot Kids Child Development Center, Los Feliz, CA, USA

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