



# The Nurtured Heart Approach™



*We are honored to be trusted with the children of our future! From parents, to day care staffers, to educators, to mental health professional and anyone in between we can nurture the hearts of New Jersey! When Administrators select The Nurtured Heart Approach in their settings they are showing their commitment to offering excellence in the care for children. Staff trained in this approach become “Nurtured Heart Specialists” and it is a turnkey operation!*

## What is The Nurtured Heart Approach™?

- ♥ The Nurtured Heart Approach has been proven to create inner wealth very quickly and in inspiring and enduring ways.
- ♥ Your child learns to believe and build confidence in the successes that flow from fully investing intensity, intelligence and life force into positive action.
- ♥ The Nurtured Heart Approach™ is a strategic social/emotional curriculum that focuses on building healthy relationships from the inside out.
- ♥ It is based on the belief that intensity is a gift that when channeled in a purposeful direction becomes the jet fuel for creating success.
- ♥ This four phase approach is based on implementing simple tools with the intention of creating successful moments, while creating clear, enforceable and immediate consequences for misbehavior.

## The Nurtured Heart Approach™ is easy to learn!

- ♥ Four Foundational Concepts
  - Toys R Us
  - SHAMU: Creating Success! Not Waiting for it to Happen!
  - Toll Taker View: What is your view? What do you feed? Positivity or Negativity?
  - Game Theory: Clear Rules, Clear Consequences & Right Back in The Game of Greatness
- ♥ Three Stands: Clear Cut Commandments
  - Stand One: Resolve to purposefully create and nurture success and greatness. Relentlessly, strategically draw your team members into new and renewed patterns of success and greatness.
  - Stand Two: Resolve to have clear rules and clean, consistent, effective consequences when those rules are broken.
  - Stand Three: Refuse to leak negativity.
- ♥ Four Strategies that Support the Stands
  - Active Recognitions: Honoring and Noticing
  - Experiential Recognitions; Building “Inner Wealth” in the form of Character Strengths & Virtues
  - Proactive Recognitions: Celebrating when rules are NOT being broken
  - Creative Recognitions: Create Success that Would Not Otherwise Exist

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If you want to learn more about The Nurtured Heart Approach for your organization or as a parenting technique, contact our consultant Sherry A Blair, LCSW, BCPC, Advanced Trainer/Nurtured Heart Specialist via email [sherry@isisnj.us](mailto:sherry@isisnj.us) or via cell phone at 973-943-6356.