

ABOUT NHA®

The Nurtured Heart Approach® (NHA) is a social-emotional strategy that intentionally nourishes our innate human longings for acceptance, love, recognition and relationship by focusing our energy on the positive truths of the moment instead of spotlighting the negative. This reversed perspective and intentional focus on purposeful interactions transforms how we view ourselves, others, relationships, situations—life—by igniting the greatness that lives in all of us, which structures the foundation of building lasting Inner Wealth™ propelling us to be the best version of ourselves.

NHA® was created by Howard Glasser, family therapist in Tucson, AZ, out of his passion to truly help kids with highly challenging, intense behaviors. Since 1994, thousands of people from around the world have experienced the life transforming power of this Approach and have witnessed not only a shift in intense children to use their energy in successful ways, but a flourishing growth in the average child well beyond normal expectations.

WHO IS NHA® FOR?

NHA® has something for everyone!

- PARENT TEACHER COUNSELOR
- CHILD SERVICE WORKER
- ANYONE WHO WORKS WITH KIDS
- BUSINESS PROFESSIONAL



BREATHE PEACE CONSULTING

Natalie Dawn Hanson is a dynamic presenter who personally connects with audiences through her passion to help others discover joy, peace and freedom in their personal and professional lives by showing them how to ignite and embrace greatness in themselves and others through the use of the Nurtured Heart Approach®.



She has a Bachelor of Science degree in Mass Communications with an emphasis in public relations and has a great deal of experience working with people of all ages and professions. Natalie is a Nurtured Heart Approach® Advanced Trainer, under the instruction of its creator Howard Glasser, and is the owner of Breathe Peace Consulting, through which she utilizes NHA® to train, coach, support and guide families, schools and communities in purposefully building positive, healthy, and connected relationships.

Sharing this lifestyle approach with others is a joy because she is the best version of herself because of the Approach, and she witnesses it transforming her children and family. She desires parents, educators, people who work with children, or anyone looking for hope in their challenging relationships to experience the same joy, freedom and peace that comes from utilizing and embracing this Approach.



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IGNITE GREATNESS *Greatness*

AND BUILD LASTING INNER WEALTH™



by integrating into your lifestyle the...

NURTURED HEART APPROACH®

Natalie Dawn Hanson

Nurtured Heart Approach®
Advanced Trainer & Coach



*Offering Inservice Training,
Conference Presentation,
Coaching, and Parent/
Specified Audience
Class Instruction
& Training*

Experience peace, joy,
freedom & transformation
in all of your relationships!

Give the kids and people in your
life the best emotional nutrition
to grow and thrive in this world!



NHA® is a set of strategies for helping children (and adults) use their intensity in successful ways and awaken to their greatness!

CLASSES

Breathe Peace Consulting provides a 6-week class series that teaches the concepts of NHA® and allows attendees, between classes, the opportunity to practice implementing what they learn at home, work or school that will enrich their experience and provide more clarity and understanding of NHA®. Classes provide a friendly, engaging environment through which learning can be shared and enhanced. Natalie can also contract with an agency or group to provide a class series to a specific audience. Classes are available with CEUs.

"Natalie Hanson is a woman of great passion and purpose. Her vibrant presentation style, tender heart, and schema-shifting content make her presentations something not to miss!"
-Tanya Fraiser, Director of Trainer Network: Children's Success Foundation, NHA Advanced Trainer and Owner of Heart to Heart Consulting

Classes

Coaching

Training Workshops

Conference Keynote & Breakout

COACHING

Personalized coaching with Natalie is for the person who wants to learn the Approach for the first time, outside of a group setting in a more private and personalized manner, or who has attended a NHA® workshop or class and is looking to take the Approach to the next level in their home, personal life or workplace. Natalie meets with individuals, couples, or staff groups, with or without children present, to offer individualized instruction focusing on personal goals and needs and how to utilize the Approach in very specific ways. Coaching is contracted by the hour or purchased in packages and can be done via Skype, phone or in person.

CONFERENCE SPEAKER

Motivated by first-hand results of embracing and utilizing NHA® in her home and in school-like settings, Natalie's desire to share these messages of hope and intention, her passion and love for people—kids of all ages, educators, and other professionals—and her presentation style inspire and move audiences to heightened levels of awareness and possibility.

WORKSHOPS

NHA® training workshops, available for small groups to large auditoriums, provide a powerful platform for understanding how the Approach can positively impact lives and for learning how to apply the strategies to everyday life. Workshop presentations are available at a variety of different lengths and focuses and are always targeted to the particular audience, including intermixed audiences of parents and professionals of various types. CEUs are available, upon request. Workshop titles include: "Igniting Greatness: The Nurtured Heart Approach®," "Perspective Shift: The Nurtured Heart Approach®," "Raising Kids to Embrace Who They Are: The Nurtured Heart Approach®," "End Bullying: The Nurtured Heart Approach®," "Parenting as God Designed: The Nurtured Heart Approach®."

CHRISTIAN PERSPECTIVE

Although NHA® was not developed based on Christian values, it's overall purpose of igniting greatness and building Inner Wealth™ in our children and one another mirrors God's expectations and commandments for us as Christians. Natalie contracts with churches to provide parent training and presents keynote or breakout presentations at Christian conferences.