



# “The Queen of Nice”

A Parent Workshop With the Feel of a Retreat!

## Parent is not always easy!

Through a personal, humorous story, the presenter guides participants on a brief, introspective journey designed to get to the core of some of the joys and frustrations of being a parent. The workshop culminates with a fun, creative activity sure to validate them as parents. They leave with a renewed commitment to the most special work on the planet: being a parent!

## Workshop Objectives

- To take an introspective look at and value who we are as individuals and as parents
- To revisit our values and priorities
- To identify at least three goals that will enrich our parenting
- To renew our commitment to being the best parent possible for the sake of our children

*About the Presenter:* **Lucy V. Cantú** believes that the BEST leaders are those who lead with their “*Corazón*” (heart). Her deep belief in and her love for people, coupled with the experiences of motherhood, life, and career, led her to do the work she does today. As a Transformational Speaker & Coach, she is on a mission to cultivate and bring out the best in others. Ms. Cantu is passionate about helping people break through limitations and reach their greater human potential. She empowers audiences with life-enhancing and life-changing messages, in a style that is down-to-earth and laced with laughter and grace.

For more information, visit: [www.lucyvcantu.com](http://www.lucyvcantu.com)

