BE Your Influence® Parent Programs

Parenting in the *messy middle* can feel harder than you expected.



Conversations turn into arguments. Boundaries become battles. What used to work suddenly doesn't. You want connection—without giving up the guidance your child still needs.

You don't have to figure it out alone.

Two Powerful Parent Programs. Practical Tools. Real Support.

Loving Limits™: Setting Boundaries with Care and Confidence

A practical approach to parenting with calm, clarity, connection, and confidence.

- Reduce power struggles and everyday conflicts
- Set loving boundaries with consistency
- Build responsibility, confidence, and trust

Relaxation Tools & Calming Strategies

to Support YOU and Your Child

Practical tools for more calm.

- Calm your mind, body, and emotions
- Support your child during challenging moments
- Create a calmer, more supportive home

For all parents & caregivers — especially supportive for families of neurodivergent children or children who experience sensory or emotional overwhelm.

What parents are saying...

> "What if setting boundaries wasn't about controlling your child—but about how you show up."
> — Loving Limits™ participant

> Dynamic, informative & warm."
> — *Parent workshop participant*

BE Your Influence

Programs for Parents. Stronger Families. Brighter Futures.

In person or virtual presentations.

Bring practical parent support to your school community.

For schools, PTAs/PTOs, parent groups, community organizations, and faith-based groups.

BEyourinfluence.love | empower@BEyourinfluence.love

Carol Mastroianni, MBA, RM
Founder, BE Your Influence®



ABOUT *Carol*

Carol Mastroianni, MBA, RM, is the founder of **BE Your Influence®** and an Empowerment Coach whose work is grounded in both professional expertise and lived experience as a parent.

For almost 18 years, she has worked alongside parents, students, schools, and community partners around mental wellness, prevention, family support, and the real-life challenges families face.

As the mother of boy-girl twins, Carol brings firsthand experience navigating different personalities, needs, challenges, and developmental paths within the same family. Her perspective has been shaped not only by what she has witnessed professionally, but by what she has lived as a parent.

Through **BE Your Influence®**, Carol guides parents through the messy middle of ages 8–15 so they can remain a strong, trusted influence as their child's world expands—while their child builds a strong inner compass rooted in family values, connection, belonging, and trust.

Her professional background also includes developing an **award-winning** alternative-to-suspension program, certification in the **7 Habits of Highly Effective Teens®, Strengthening Families,** and prior certification in **youth suicide prevention,** along with extensive additional training in youth development, prevention, mental health, and family support.

BUILT AROUND THE PARENTS YOU SERVE

No two parent communities are exactly alike. Carol collaborates with schools, PTAs/PTOs, parent groups, community organizations, and faith-based groups to understand what parents are navigating and adapt the content, examples, and emphasis to fit the audience.

Loving Limits™ *and* ***Relaxation Tools & Calming Strategies*** *may be offered individually or together as complementary parent workshops.*

LET'S TALK ABOUT YOUR PARENT COMMUNITY.

What are the parents and caregivers you serve navigating right now?
Let's explore how ***Loving Limits™*** and ***Relaxation Tools & Calming Strategies*** can be customized to support your parent community.

Carol Mastroianni, MBA, RM
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Let's connect!