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A corkboard with several sticky notes. One note says 'TAKE A BREAK', another says 'DESCANSO', and others have checkmarks and the word 'WORK'.

# Week 9 - Talking Points

- Recap – Week 8
- Overview of the ACT and its Core principles
- What is Committed Action?
- Why Committed Action Matters?
- Committed Action vs Reaction
- The Bridge Metaphor
- What Makes an Action Committed?
- Exercise/Reflection - Turning Values into Action



# Opening Quotes

“Commitment is what transforms a promise into reality.” *Abraham Lincoln*

“You don’t have to see the whole staircase, just take the first step.” *Martin Luther King Jr.*



# Recap Week 8 – Present Moment Awareness

- ✦ Transforms relationships
- ✦ Improves communication, truly listen and respond
- ✦ Reduce reactivity less emotional outbursts or power struggles
- ✦ Stronger and genuine connection
- ✦ Deal with the present and what is happening now
- ✦ Shifts from 'fight-or-flight' (react) to 'rest-and-digest' (respond)
- ✦ Observe thoughts without judgment (Not facts)



# Committed Action - Parenting with Purpose

- Committed Action is an ACT Principle to Empower Working Parents of Adolescents
- The ability to do and take actions that are genuinely important and guided by personal values irrespective of obstacles, difficulties and unpleasant emotional experiences



# Six Core Processes of ACT

1. Cognitive Defusion
2. Acceptance
3. Self-as-context
4. Clarify Values
5. Present-moment awareness

## **6. Committed Action**

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# ACT's core principles

- **Accept** emotions about reality of demanding lives without deny
- **Defuse** from unhelpful thoughts that fuel anxiety and guilt
- **Observe self** you are not your thoughts
- **Clarify Values** what truly matters and is important
- **Present moment Awareness** be mindful of what is happening now
- **Committed Action** take actions/behave aligned to values

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# What is Committed Action?

- Doing What Matters – Even when uncomfortable
- Take purposeful, values-based actions even when it is difficult
- Values based behavior - despite fear, stress or emotional discomfort
- Not about perfection – ACT in the direction of Values





# Why Committed Action Matters?

- Who you want to be in Moments that Count
- Builds emotional trust and safety with adolescent and teams
- Models emotional regulation and resilience
- Enforce consistency between believe and behavior
- Strengthens long-term connection and influence



# Committed Action vs Reaction

Choose Purpose over Habit

## Automatic Reaction

## Committed Action

**Yell out of frustration**

Take a breath and speak calmly

**Give in to avoid conflict**

Hold boundaries respectfully

**Avoid child after conflict**

Check in and reconnect

**Act on guilt**

Act and behave based on values

# The Bridge — *for illustration purpose*





# The Bridge Metaphor

- On one side of a river - overwhelmed or stuck
- Other side is who you aspire to be
- Accepting, observer self, values, be present
- Bridge, small, shaky boards - each board is a Committed Action
- Every step across the bridge is a choice to ACT based on values,
- A choice to act based on what matters - not fear



# What Makes an Action Committed?

- Anchored in **values** – not temporary deny or avoid
- **Flexible** – adapt with change – not abandon direction
- **Persistent** – ACT despite discomfort, doubt or setbacks
- **Mindful** – present awareness, not automatic/ emotional



# What Gets in the Way?

- **Multitasking** – divide attention, reduce focus, increase stress
- **Worry** – stuck, past guilt, future worry and fear, not fully present
- **Distractions** – phones, social media, emails
- **Conflicting priorities** – manage work-parenting commitments
- **Stress and burnout** – overwhelmed, tired and exhausted
- **Habits** – yell, shut down, overcompensate

The background of the slide features a corkboard on the left with several sticky notes. One note says 'TAKE A BREAK', another says 'Desana', and others have checkmarks and the word 'Work'. On the right, there is a large teal circle. The title 'Daily Parenting Acts that Matter' is written in a yellow, sans-serif font across the top.

# Daily Parenting Acts that Matter

- Spend undistracted time with child – (10-minutes)
- Apologize sincerely when lost temper
- Consistently apply screen time boundaries
- Listen truly - without fixing or judging
- Say "no" respectfully while guided by values





# Exercise - Turn Values into Action

- Choose one parenting value (reliability)
- Identify one consistent action to express that value
- Anticipate obstacles and plan how to respond - **ACT**
- Repeat and refine weekly

\*Value = Reliability. Action = Reflect for 10 seconds - Was I a colleague my team could rely on today?





# Living the Value of Reliability

## **Be predictable in small ways**

I will be home at 6 means 6, not 7

## **Follow through on promises**

I will help with your assignment

## **Do what you say, say what you will do**

I will listen without judging – do it

## **Use reliable communication**

Openness even with limited time

## **Check in consistently**

How was your day?

## **Set clear expectations and revisit**

Clarify boundaries and stick to them

## **Admit and repair when wrong**

I forgot to ...

## **Reliability is not perfection**

Take ownership and repair



# How to support Committed Action?

- Visuals – visible quote or symbol of values
- Tiny habits – start small and celebrate progress
- Accountability – check in with a friend or coach
- Self-compassion – Be kind to yourself, when you fall short

\*Restart

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# Create Work-Parenting Action Plan

- My core parenting value: .....
- My core work value: .....
- One action I will take this week: .....
- One obstacle I anticipate: .....
- How I will respond to the obstacle: .....

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# Keep Walking the Bridge

- Every step you take toward your parenting values is a win
- You do not have to be perfect, just be willing
- Keep walking the bridge, your child is worth it and so are you



# Closing Quotes

"Courage does not always roar, sometimes it is the quiet voice at the end of the day saying, I will try again tomorrow." Mary Anne Radmacher

"There are bridges you must cross not because you are sure of the other side, but because you refuse to stay where you are." Unknown



# Closing Remarks

Thank you for your participation. I hope this training provides you with valuable tools and insights.

Remember, you are not alone on this journey, and committed action can be a powerful ally.



# Announcements!

- Focus Group Discussion Invitation - Done
- WhatsApp group – Scan QR Code
- Website postings
- Homework will be shared
- Stay engaged and remain on this Train - give aways:
  - ✓ Check out the ACT Wise Breakfast!
  - ✓ Shopping Vouchers
  - ✓ One on One Coaching
  - ✓ Book prices
  - ✓ Loading!

# Scan QR Code



**Working Parents Research and  
Empowerment**  
WhatsApp group



Scan this QR code using the WhatsApp  
camera to join this group



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# Week 10 – Flexibility plan for Working Parents

## Objectives:

- A summary of the ACT's six core processes
- A Flexibility plan for Empowered Working Parents



Thank you so much!