

**FOR IMMEDIATE RELEASE**

Media Contact: Danielle Garnier

Garnier Public Relations [danielle@garnierpr.com](mailto:danielle@garnierpr.com)

312-869-9560

***THE PATH OF SELF LOVE SCHOOL***  
**OFFERS FREE PARENTING CLASS ON**  
***RAISING CHILDREN TO LOVE THEMSELVES APRIL 17TH***

*Learn techniques on how to help your children transform negative self-talk, self-doubt, self-criticism, comparison, and perfectionism using the power of self-love.*

Philadelphia, PA – (April 5, 2018) – Parents are invited to join a *free class*, online or by phone, on ***How Children Learn to Love Themselves*** Tuesday, April 17th at 5:30pm PT/ 8:30PM ET by ***The Path of Self Love School*** Founder Christine Arylo and Director of Programs Stacey Hoffer. Parents can learn how to teach their children about self-love: how to trust, respect, value, be compassionate and stay true to themselves in tangible, simple, powerful and fun ways.

“This is about doing our job to make sure our children know who they are at their core and know their innate worth, not because of a grade or likes on Instagram, but because of who they are inside,” says Director and Teacher of *The Path of Self Love School* Stacey Hoffer.

Parents can sign up for the *free class* at [www.TeachChildrenSelfLove.com](http://www.TeachChildrenSelfLove.com) and listen to the recording if they can't attend it live.

The free class is followed by six part course starting May 1st called ***Raising Children to Love Themselves*** for those who are feeling called to learn the foundational tools every parent needs to help their children create a strong inner foundation of courage, compassion, clarity, and confidence that empower them to be healthy, resilient, and successful.

During this 6 part course you will be guided to discover and practice simple, powerful, fun ways to teach your children how to successfully navigate today's world – to grow strong from the inside out – so they can live their amazing potential while staying true to themselves and experiencing deep fulfillment and genuine happiness.

A lack of self-love is at the root of almost every challenge our children face in their lives. And many of us don't even know what self-love is. Our children cannot thrive in this world if they are filled with self-doubt, disconnected from their hearts, overstressed, filled with negative self-talk, and suffering from body hate.

We all wish the world today was different, but the fact is that our children face pressures we never had to deal with. Social media, the internet, bullying and gun violence in schools, and

academic and athletic pressure have increased stress in children. They live in a world of social media and cultural systems that pressure them to conform and perform.

***During this free class parents will learn:***

- The 10 kinds of self-love every child needs to create a strong inner foundation.
- How to teach children to transform negative self-talk - and have the inner strength to say no to peer pressure.
- Tangible tools to guide children to cultivate the courage to follow their inner wisdom and move past their fears of being seen, what other's think, and not doing things perfectly.
- How to teach children inner resilience and self-compassion when things don't go according to plan or hard stuff happens.
- Best practices for helping children feel good about themselves and stay true to themselves... no matter what is happening in the outside world.

To register and for more information, please visit: [www.TeachChildrenSelfLove.com](http://www.TeachChildrenSelfLove.com)

Follow Stacey and the *Path of Self Love* on Instagram at [@pathofselflove](https://www.instagram.com/pathofselflove)

For more information on Path of Self Love School, contact Stacey at [stacey@pathofselflove.org](mailto:stacey@pathofselflove.org)



**Stacey Hoffer** is the lead teacher for *Raising Children to Love Themselves*. She is a director, teacher and certified self-love guide at The Path of Self-Love School. After earning her Masters in Leadership Development and working in Corporate America as a Training and Change Management Consultant, Stacey received her coaching certification from the International Coaching Academy and founded Soul Alignment Living.

Through the Path of Self-Love and her own coaching programs and sacred circles, Stacey has guided hundreds of women to trust their inner wisdom, speak their truth, deepen their self-love, awaken their feminine wisdom, and live in more alignment with their heart and soul. She is a contributing author in the bestselling book “Inspiration for a Woman’s Soul: Choosing Happiness” and has been modeling and teaching her two children how to love themselves for the past 10 years.



**The Path of Self Love School** is a social impact organization committed to making the practice, path, and tools of self-love accessible to all people, so that within three generations... we can create a world in which all children are born connected to love and stay connected to that love, no matter what they face, because they know how to source love from within. We offer classes, intensives, and retreats both online and virtually, that have reached over 35,000 people worldwide.

We also have trained Self Love Guides on 6 continents through our training and certification program for those who desire to use our self-love processes, assessments and techniques in their work, as well as in their families and for themselves.

The self-love techniques, tools, processes and skills we teach have been tested across age, race and socio-economic background and has been used in therapy, colleges, grade schools, spiritual centers, prison systems, families, corporations, and health & wellness practices as well as in traditional coaching, mentoring, and personal development. For more information visit [www.PathofSelfLove.org](http://www.PathofSelfLove.org).

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