

Mikki Gardner

A CERTIFIED LIFE + CONSCIOUS CO-PARENTING COACH

About Mikki

Mikki Gardner is a Certified Life + Conscious Parenting Coach, a mom, speaker, and host of the Co-Parenting with Confidence Podcast and author of the People Pleaser's Guide to Co-Parenting Well.

Mikki's personal struggles with divorce motivated her to become a "better mom" so that she could better help her son overcome the challenges of their new family dynamic. Drawing on her academic background, professional training and personal experience, she empowers other moms to move beyond the overwhelming obstacles of co-parenting and thrive after divorce.

Mikki strives to guide moms to navigate the divorce & co-parenting drama by **becoming calm, confident co-parents, even without their ex's participation.**

Mikki is on a mission to help children by helping their moms learn to handle the emotional and practical difficulties of divorce and co-parenting while creating an intentional, joyful, and ease-filled life for both themselves and their children.

Mikki would love to bring value to your listeners by speaking on the following topics:

- ✓ The People Pleasers Guide to Co-Parenting Well (*her upcoming book title*)
- ✓ The People Pleasers Guide to Co-Parenting Well - The steps to stop being the peacekeeper and start parenting peacefully
- ✓ The People Pleasers Guide to Co-Parenting Well - Steps to gaining emotional freedom from your ex and become the creator of your own peace
- ✓ How to co-parent with a new partner in the picture?
- ✓ How to break free from the toxic communication cycle with your co-parent?
- ✓ Co-Parenting After Infidelity: A Guide to respectful co-parenting even after infidelity
- ✓ Creating Peace in the Chaos of Co-Parenting
- ✓ Learning how to build intentional & peaceful co-parenting relationships
- ✓ Co-parenting like a boss - guide to respectful family management
- ✓ Gain emotional freedom from your ex & co-parent like a boss

Social Media Handles:

