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A Resource for Parents

“The best predictor of a child’s well-being is a parent’s self-understanding”

Todd and Cathy Adams

Todd and Cathy Adams have spent the past 10 years and the past 530 podcasts, sharing their life experiences and lessons as parents, spouses, and as fellow humans on *Zen Parenting Radio*. In their podcasts they incorporate music, movies and humor in their conversations about spiritual growth, emotional intelligence and compassion.

Todd and Cathy co-founded Zen Parenting, Inc., an Elmhurst-based company committed to helping people practice self-awareness, develop compassion, and practice kindness through podcasts, community events and blogs. Cathy is a LCSW, and a self-awareness expert focused on parenting and the personal empowerment of women and girls. Todd is the founder of Todd Adams Coaching “Coaching for Guys,” and is a sales rep for JVI, Inc. The two are the parents of three daughters, ages 12, 15, and 16.

In addition to their podcasts on *Zen Parenting Radio*, Cathy and Todd now produce the podcast *Pop Culturing*, they have created the *Team Zen Community*, and host the annual *Zen Parenting Conference* — which brings together thought leaders in the areas self-aware parenting.



This year’s line-up includes Rachael Simmons (women and leadership), Tony Porter (healthy masculinity), John Duffy (teen/parent anxiety), Debby Reber (differently wired children), Maureen Muldoon (power of storytelling), and Gemma Hartley (emotional labor).

[Click here for more information.](#)

Here’s a sampling of podcasts to get you started:

Most Downloaded

Episode #418

Fault and Responsibility

Todd and Cathy share some of the touching and funny Superbowl commercials, and they discuss a video of [Will Smith explaining why fault and responsibility](#) are two different things. Cathy shares some of her favorite *self-compassion* quotes, and they discuss why some quotes wake us up. [Click here to listen.](#)

Cathy’s Favorite

Episode #244

Listen, Allow, Support, Repeat

Cathy and Todd share a letter from a listener whose son discovers himself through dance, and how this discovery leads to *self-aware parenting*. It’s an inspirational and emotional story about how to create a connected relationship with your child. Cathy and Todd also discuss Pixar’s *Inside Out*. [Click here to listen.](#)

Todd’s Favorite

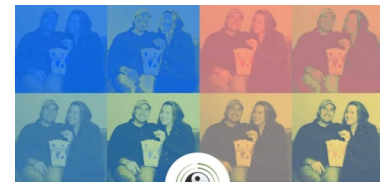
Episode #175

Pink Floyd + Conscious Parenting

Mother do you think they’ll drop the bomb? That’s the first line in this epic song. We dissect the lyrics and use it to help understand *conscious parenting*. Roger Water’s song points out we can have the best intentions when “protecting” our children, but if done with a lack of self-awareness, it can backfire. [Click here to listen.](#)

To learn more about Todd and Cathy and the Zen Parenting Community they have created, go to:

zenparentingradio.com



POP CULTURING
ZEN PARENTING RADIO