



EMPOWERMENT



Focus on Success
Wednesday at 9 AM Pacific
January 5th 2022: Parenting Pulse: The Impact
Parent Relationships Have On Children

Dr. Sarah Bald, Dana Lam and Fawzya Khosti discuss the importance of having a positive parental relationship and how parent relationships can impact children, positively or negatively.

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Featured Guests

Guest Image

Dana Lam
Growing up in Cottonwood, Arizona Dana dreamed of the big city. While her small-town roots ground her, since leaving rural Arizona she has traveled to more than 40 Countries and is always planning her next trip to feed her wanderlust. Dana is a busy mom of two boys: author and co-founder of Surprise Date Challenge. She is also the CEO of FFR Global and Co-Founder of Surprise Date Challenge. They provide a unique employee benefit for employers, as well as coaching and workshops. She enjoys helping companies increase engagement and productivity by encouraging employees to be happier and healthier at home. Her passion is helping couples keep the spark alive in their relationship. Dana has

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Sarah Bald
Sarah Bald is the founder and clinical psychologist of NEST Psychological. Dr. Bald obtained her Doctoral and Master's degrees in Clinical Psychology at the Arizona School of Professional Psychology. She completed her pre-doctoral internship with the Avondale Elementary School District in order to fully understand and appreciate the learning environments of her clients. Her post-doctoral fellowship in pediatric neuropsychology was under Dr. Paul Beljan at Beljan Psychological Services, where she continued to practice after licensure. Dr. Bald's clinical experience includes pediatric neuropsychology, child and family psychotherapy, and parenting. She also assists families in navigating the

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