

# Tania Lopez



**Three words other people use to describe you:**

**Fun, Focused, Caring**

**Why the Power of the Parent mission aligns with you:**

I have been working with parents for 2 decades and have seen how parents are seen as disposable (in the workplace and personally e.g. losing friends), culpable (if anything goes wrong, it's so easy to point the finger at parents) and taken for granted. I have worked with parents, especially mums, to start to change this age-old perception and to value and respect both parents and children so they are able to thrive in a society that sometimes wants them to be invisible.

**Outside of Power of the Parent we'll find you doing:**

I have my own business, Full Circle Hypnotherapy, where I combine coaching and hypnotherapy to help mums who are struggling with their children's behaviour to create peace and harmony. I have recently come out of a twenty year long career within education. In that time I qualified as a teacher, a counsellor and a hypnotherapist. I love nothing better than to discover new places to eat, drink, visit and to travel to. I have been lucky enough to visit Tokyo and Peru where I discovered a city that truly never sleeps and Pisco Sour, respectively! I actually love visiting the museums and art galleries right where I live. I loved the recent interactive Van Gogh Alive experience.

**You can't go without:**

**Pizza, chocolate, laughing and walks in nature reserves.**

**A failure you learnt from:**

When I first started working as a teacher, it felt like I was failing everyday. It was so unlike any previous job, but I kept showing up everyday, observing other teachers, accepting all the feedback from being observed myself and putting that feedback into action. After a couple of years, I fell in love with teaching!

**Your current definition of success:**

**Never being put off by that feeling of discomfort when you try new things and being kind to yourself, no matter the outcome.**

**How you celebrate the good stuff:**

**Food and cocktails with good company.**

**A cracking day in / out would include:**

**A cracking day in would be films, food and drinks. An awesome day out would be a walk in a beautiful nature reserve.**