

*Sheila Adams Gardner* Co-founder of Gardener Parenting Consultants, LLC, (GPC), is a mother of three. Sheila is co-creator of *The Gardener Parent™* method that has been successfully used to train parents in specific techniques designed to build confidence, strengthen communication and promote effective, positive family interaction. As a GPC consultant, Sheila designs comprehensive, personalized curricula for parenting workshops and private parent consultations. Passionate about educating parents, Sheila co-founded Mocha Moms of Alexandria, Virginia, a parent support group, in 2001 and has organized various parent education events and programming for schools and other civic organizations. Cultivating success in the lives of children by nurturing self esteem has long been one of Sheila's core parenting strategies. In 2006, she created a self-esteem building character education curriculum for 'tween girls used in a Milwaukee area public school. Sheila is an attorney. Her practice areas include family, contract and personal injury law. In 2015, Sheila founded Cooperative Strategies Family Law, a family law and mediation firm committed to helping families make important life transitions in a manner that respects all individuals involved. Its mission is to guide clients toward cooperative solutions that put the needs of children first.