

Kate Garzón, M.Ed., is a “GPS” for the parents of toddlers through teens! A parent educator and parenting coach who helps parents solve frustrating behaviors - **and** raise great humans - by focusing on **relationship-building, understanding development, and skill-building**. She is the founder of Guided Parenting Support – GPS®; an author; keynote speaker; frequent podcast guest; creator of on-demand parenting classes; workshop and seminar facilitator; and has worked with thousands of children and families to help raise the next generation of healthy, aware, compassionate, responsible, and successful adults!

She is a firm believer that every parent does their very best - every day - and she helps loving parents to understand their children’s and teens’ behaviors by making connections between **who** they are developmentally and **how** they experience the world. Using a compassionate, non-judgmental approach, Kate guides parents in building better relationships and implementing realistic strategies to support their kids’ healthy development and long-term success...**and** to make parenting easier in the process!

Kate holds a B.A. in psychology and sociology, a M.Ed. in Studies in Teaching and Learning, a post-graduate certificate in Montessori Early Childhood Teacher Education and American Montessori Society certifications in Early Childhood and Elementary I and II. She is constantly seeking to expand her understanding of human development through continuing education courses and certifications. In addition to her 18-year career as a Montessori teacher in both Canada and the US for children aged 2.5-14, she has been a live-in nanny, camp counselor, sports coach, tutor, childcare provider, volunteer with children and teens with special needs, certified children’s yoga instructor, and an outdoor ed. Enthusiast working with adolescents. She is a proud auntie to 14 nieces and nephews, an avid traveler, and an enthusiastic consumer of books and ice cream.