

Natural Flair Coaching Ltd
Presents

Natural Steps to Stronger, Safer Families

A Protective Behaviours Approach To Emotional Wellbeing

A interactive and fun 6 week course, providing a safe place to explore feelings, be heard and understood.

Topics covered include:

- What it means to feel safe - how do we know?
- Feelings, Thoughts, Behaviours and how they link
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build & maintain an effective support network
- Communicating effectively with our family
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour
- Choices and consequences

VENUE: The Oak Suite - Peartree Spring School, Hydean Way, Stevenage

DATE: Tuesday 10th September 2019 for 6 weeks 9.30-11.30am

This fun and inspiring parenting programme develops confidence, resilience and emotional wellbeing – packed full of strategies to use straight away.

Funded by:

Hertfordshire County Council – Family Services Commissioning

Spaces are limited – Parents need to be referred onto this course or can self refer with a specific parenting need

For more information or to book a space please call

01992 446 051

Email: admin@natural-flair.com

Course reference NF-L5D



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