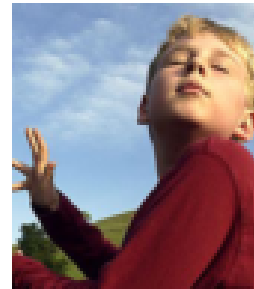


Natural Flair Coaching Limited Presents:

Parenting a Child With Additional Needs



This one off workshop is an opportunity for parents to share feelings and experiences and discover solutions to problems based on what works – *not what's meant to work!*

Our facilitator has first-hand experience of parenting a child with additional needs.

YOU DO NOT NEED A DIAGNOSIS TO ATTEND THIS COURSE

Topics include:

- Home/School Issues
- Understanding and managing behaviour
- Recognising your child's emotional needs



Dates: 15th May 2018
Time: 9:30 to 11:30am

To be held at:

Bishop's Stortford Baptist Church
Twyford Road,
Bishop's Stortford
CM23 3LJ



This course is part funded by Aspects School Partnership
£6.00 per person

To book your place, please contact

Email: admin@aspects.org.uk

Tel- [01279 696842](tel:01279696842)

Natural Flair



Natural Flair

Natural Flair Coaching Ltd
In Partnership with
ASPECTS School Partnership
Presents

Moving On To Year 7



A workshop for parents & carers of children in Yr6 who are about to transfer secondary school

Funded by:
ASPECTS School Partnership

Topics covered include:

- How to support your child before they start
- Tips on good organisation skills
- What are your child's needs?
- Discuss anxieties around peer pressure & Self esteem/resilience
- Practical tips for preparation and to ensure a smooth transition for your child

Practical Tips and advice from one of Hertfordshire's leading Parent Coaches

Venue: Birchwood High School

Time: 7pm to 9pm

Date: Monday 11th June 2018



Price: per person £6.00

(subsidised by ASPECTS School Partnership)

To book your place, contact Jo:

Email: admin@aspects.org.uk Or call: 01279 696842

www.aspects.org.uk





Natural Flair

Natural Flair Coaching Ltd

In Partnership with
Aspects School Partnership

Present:



Pressing The Pause Button *An Introduction to Mindfulness in Parenting*

Topics covered include:

- ◆ The benefits of using mindfulness in parenting
- ◆ Discover if you are reacting or responding
- ◆ Learn simple mindful activities that will help you and your child deal with anxiety, concentration, unhelpful feelings and improve daily life
- ◆ A selection of 1-minute tips and exercises to enable you to feel less stressed and be mindful even if feel you are too busy to be!

A lite-bite 2 hour workshop for parents & carers funded by:
Aspects School Partnership

Mind Full, or Mindful?



**Venue: Bishop's Stortford Baptist
Church Twyford Road, Bishop's
Stortford CM23 3LJ**

Time 9:30 – 11:30am

Date: 10th May 2018

**Come along and discover why mindfulness has
such a positive impact on children and how we can
use it as parents**

Price per person £6.00

(subsidised by ASPECTS School Partnership)

Email: admin@aspects.org.uk Or call: 01279 696842

www.aspects.org.uk





ASPECTS School Partnership
Presents:

Enough of The Huff!

A lite-bite workshop
for parents & carers
of children
aged 5-11 years

Delivered by one of
Hertfordshire's Top
Parent Coaches and
winner of Parent Coach
of The Year 2015.

Topics covered include:

- Learn to deal with tantrums
- Understand why children misbehave
- Support your child's brain development and understand the latest in neuroscience
- Discover new and recognised ways of dealing with temper tantrums

*GUEST SPEAKER: Sharon Lawton – Award Winning
Parent Coach - Natural Flair Coaching Ltd*



Venue: All Saints School, Parsonage
Lane, Bishops Stortford CM23 5BE

Time: 7-9pm

Date: Wednesday 9th May 2018

Price: £6.00 per person



This Workshop is Subsidised by ASPECTS Schools
Partnership

To request a booking form contact Jo:-
email: admin@aspects.org.uk

Or call 01279 696842
www.aspects.org.uk

