



Natural Flair Coaching Ltd

Presents:

PARENTING AN ANXIOUS CHILD

This unique and inspiring masterclass develops confidence in understanding anxiety and shows you how to explain the process to children. Packed with interactive strategies to take away and use immediately, you will leave inspired and empowered.

- Join me at this interactive session and understand what anxiety is and why it happens in childhood
- Look at and understand the different types of anxiety and how to recognise them
- How anxiety and stress are linked and what to do
- What happens when anxiety overwhelms someone
- Learn solution focused tools to support young people handle their anxiety

Our Parents Together Network offers specialist workshops for parents who want practical solutions and strategies for family life. All workshops are designed and delivered by Sharon Lawton, an award-winning coach and resident family

When:

28th March 2019

From:

7pm – 9pm

Ticket Price:

**£15 (early bird)
until 31st January
then £20**

Where:

**The Emmaus
Centre**

Church Lane,

Bishops Stortford

CM23 4BE

To Book Contact:

**Natural Flair
Coaching Ltd**

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