

THE COACHING PARENT

SUPPORTING CHILD & FAMILY MENTAL HEALTH, DEVELOPING POSITIVE COMMUNICATION



Our online course is delivered via Zoom for 3 hours a week for 6 weeks. Courses are delivered termly. Please speak with us about our next start date!

Accredited with Open Awards, you will leave the course with a set of tools to understand how best to support and connect with your child, manage emotions, develop relationships, improve communication, create a calmer environment and manage family challenges with greater confidence.

The course aims to:

- Consider goals that you want to achieve, to improve family life
 - Better understand mental health, stress and anxiety
 - Explore brain development and influences which impact it
- Understand the brain, stages of emotions and strategies to manage them
 - Improve communication and relationships

Eligibility criteria applies. Booking essential through Claire:

claire@nextchapternwcic.co.uk or 0790 7445526