

**Natural Flair Coaching Ltd**

**Presents**

## ***Natural Steps***

# ***To Stronger, Safer Families***

***A Protective Behaviours Approach to Emotional Wellbeing***

***Now offered as an online course***



An interactive and fun 6 week course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.

**NOW AVAILABLE ONLINE**

Topics covered include:

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

**Dates:** Day and evening courses available

**Mon 25<sup>th</sup> Jan to 8<sup>th</sup> March 7pm to 9pm**

or

**Thurs 28 Jan to 11<sup>th</sup> March 9.30am to 11.30am**

or

**Tues 2<sup>nd</sup> Feb to 18<sup>th</sup> March 9.30am to 11.30am**

or

**Weds 3<sup>rd</sup> Feb to 19<sup>th</sup> March 9.30am to 11.30am**

**Venue:** Available on your smart phone or laptop device in the comfort of your own



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This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

Parents need to be referred onto this course or have a specific parenting need

For more information or to book a space please call

**01992 446 051**

Email: [Bookings@natural-flair.co.uk](mailto:Bookings@natural-flair.co.uk)



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