



## 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

**Thurs 1<sup>st</sup> Oct – 12<sup>th</sup> Nov 9.30am - 11.30am**  
or

**Thurs 8<sup>th</sup> Oct – 19<sup>th</sup> Nov 7pm – 9pm**  
or

**Tues 3<sup>rd</sup> Nov – 8<sup>th</sup> Dec 7pm – 9pm**

**Venue:** Available on your smart phone or laptop device in the comfort of your own home via a safe/secure link

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)

**Funded by:**

Hertfordshire County Council,  
Family Services Commissioning



Natural Flair  
Coaching Ltd