

**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

Funded by:

Hertfordshire County Council,
Family Services Commissioning



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

Wednesday 12th January 9.30am to 11.30am
or

Monday 31st January 7pm to 9pm
or

Thursday 24th February 7pm to 9pm

(Each course is 6 sessions in total)

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



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