



EMOTIONAL COACHING WORKSHOP



For Parents, Carers & Grandparents

Workshop led by the School Educational Psychologist



Monday 8th June | 3:00PM - 4:00PM

HELP YOUR CHILD MANAGE THEIR EMOTIONS!



Identify Feelings



Empathise & Validate



Handle Upsets



Problem Solve

LEARN POSITIVE STRATEGIES TO SUPPORT YOUR CHILD



Empathic Listening



Labeling Emotions



Guiding Solutions

CHILDCARE PROVIDED!

Kids will be looked after while you attend the session.



SIGN UP TODAY!

