



Natural Flair Coaching Limited



Additional Date Due to Very High Demand

Understanding and Supporting a Child With Anxiety

Saturday Parent Masterclass

- Does your child experience anxiety?
- Worried about how to support them?
- Want to learn ways to support your child?
- Dealing with anxiety - The How To!

This bespoke and inspiring parenting masterclass session is delivered by Sharon Lawton, an award winning parent coach and Gaynor Dawson, an award winning therapeutic coach. It will develop your confidence in understanding anxiety and discusses how to explain the process to children, reduce a child's stress levels and help children recognise their

body's early warning signs whilst developing safe ways to deal with their anxiety. You will also get the opportunity to practise strategies to help children manage anxiety and develop good emotional wellbeing



Benefits to you:

- Understand what anxiety is and what causes it
- How to recognise and understand different types of anxiety
- How anxiety and stress are linked
- What happens when anxiety overwhelms someone
- Learn practical and powerful tools to support your young person to handle anxiety

Price: Only £45 per person - price includes refreshments and all handouts

Places are limited book now: bookings@natural-flair.co.uk

Date: Saturday 16th September 2017 from 9.30am to 12.30pm (registration 9.15am)

Venue:

The Members Lounge,
University of Hertfordshire Sports Village
de Havilland Campus,
Hatfield. AL10 9EU

[How to find us:](#)

Come along and network with other parents whilst enjoying a masterclass designed to enable you to discover and implement parenting skills leading you to become the parent you want to be.

Spaces are limited: to book your place please reply to:

Email: bookings@natural-flair.co.uk

Web: www.natural-flair.co.uk



Forward