

Online or Face to Face Workshops

Are you wanting to be the best parent you can be?

If you are a parent of a child aged 0 – 18, then this course is for you!



Parenting and Family Life Group Coaching Workshops

About this Workshop

Think of it as CPD for parents. No other job comes without a handbook, annual performance review meetings and salary increases. Reflect with other parents & learn proven tools to enhance your family life. This is a judgement-free zone offering you the chance to focus and reflect on your journey as a parent using proven coaching tools and techniques. You will develop useful, transferable skills you can put into practice straight away. We will explore theory based in child psychology and offer coaching tools to help you with life's most challenging role.

Who is it for?

- Parents wanting to increase their self-awareness.
- Parents wanting to communicate better with their child(ren).
- Parents wanting to stop feeling guilty about going to work or having time to themselves.
- Parents wanting to have a growth mindset.
- Parents wanting to understand their child's development and behaviours.
- Parents wanting to learn more about themselves.
- Parents wanting to understand the beliefs and labels that their family members carry.
- Parents wanting to promote their own self-care and its importance to their children.
- Parents wanting to get more enjoyment from family life.
- Parents wanting to understand the impact of the various positions within the family.
- Parents wanting to reflect on their role, celebrate the successes and set goals to create changes.

All attendees will receive a printed workbook to support the sessions along with a 1 hour – personalised 1 to 1 coaching session.

Hayley Lamb (Positive Ewe)

A down to earth facilitator from a Coaching, Wellbeing, Educational Leadership & Training background.

Workshop Delivery (for up to 12 attendees)

- OPTION 1 = 2 x full day sessions (6hrs)
 - OPTION 2 = 4 x half day sessions (3 hrs)
 - OPTION 3 = 6 x twilights (2 hrs)
- Plus 1 hour – individual online coaching session per attendee

Workshop Base Price (for up to 12 attendees)

£2995 plus additional £165 per attendee (for individual session)

Additional travel costs to be added for in person delivery.
Venue for face-to-face workshops to be provided by the client.

For more information please contact:

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