

# Natural Flair Coaching Limited

## *Understanding and Supporting a Child With Anxiety*

### *Saturday Parent Masterclass*

**Price:** Only £45 per person - price includes refreshments, all handouts and 3 hours of coaching with Sharon

**Date:** Saturday 21st April 2018 from 9.30am to 12.30pm (registration 9.15am)

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

- Does your child experience anxiety?
- Worried about how to support them?
- Want to learn ways to support your child?
- Want practical tips that work?

This bespoke and inspiring parenting masterclass session is delivered by Sharon Lawton, an award-winning parent coach and who is NHS Mental Health First Aid Trained and the resident family coach for The Chrissy B Show, UK's only TV show dedicated to Mental Health and Wellbeing.

It will develop your confidence in understanding anxiety and discusses fun and practical ways of how to explain anxiety 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 practice strategies to help children manage anxiety and develop good emotional wellbeing and empower them with ways to build resilience. This is different to sessions that just talk about the theory - lots of practical tips will be shared in this masterclass too.

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

**Email:** [bookings@natural-flair.co.uk](mailto:bookings@natural-flair.co.uk)